

HAMUND'S HERBALISM HANDBOOK

BY DRIFTERS GAME WORKSHOP

HAMUND'S HERBALISM HANDBOOK

A GUIDE TO HERBALISM IN DUNGEONS AND DRAGONS 5E

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CREDITS

Designed, Written, and Typset by: Jasmine Yang

Cover art by: Lukasz Jaskolski

Website: <https://www.inprnt.com/gallery/fadinggray/>

Instagram: <https://www.instagram.com/lukasz.jaskolski/>

All other art provided by WotC under the DMs Guild Creator Content program.

Created using the Homebrewery

<https://homebrewery.naturalcrit.com/>

Image stains by: /u/AeronDrake

Website: <https://www.reddit.com/user/AeronDrake/>

Special thanks to: Alain, Azshelei, Danniva, Dormund, Drop, Kerosene, Njarl, and Orryn

CONTACT US

Email: driftersgameworkshop@gmail.com

Twitter: @drifterworkshop

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AIM OF THIS GUIDE

If you have ever played an open world fantasy RPG game, chances are that it included some sort of mechanic to gather plants and herbs as you roam through the map. Other than providing useful buffs and abilities to the player, these herbs also serve as little pieces of worldbuilding - changing availability as the environment does, or serving as quest items for NPCs.

This book aims to provide that same experience, as well as to serve the needs of any DM whose players constantly ask them if they can forage something while out travelling between quest locations. This book contains over 160 unique herbs, designed to be usable in any campaign that a DM can slot in to provide a whole new dimension of exploration and worldbuilding to their games. There's also rules for foraging, some new spells, and a couple extra goodies.

Everything has been written with balance in mind, but you are of course free to rebalance anything in this guide to suit your own table, or feel free to message me at driftersgameworkshop@gmail.com or hit me up on Twitter @drifterworkshop to discuss anything in this guide.

Also, consider checking out some of my other works: the 'Hamund's Harvesting Handbook' series (also written under the fictional pen of the boisterous Sir Hamund Holderhek), and my naval combat guide 'Captains and Cannons.' Both are available on the DMs Guild in both PDF and Fantasy Grounds versions.

CHAPTER 1: INTRODUCTION

WELCOME DEAR READER TO A BRAND NEW SERIES OF learning and adventure, brought to you by none other than I, Sir Hamund Holderhek! On the off chance that my published works have yet to reach you, let me say that I am a writer by trade, but an explorer at heart. Through my many years of wandering these planes of existence, I have seen, done, and conquered just about everything the multiverse has to offer!

I have scaled peaks that pierce the heavens, trekked across sands scorched by sun, and plunged into depths that border the Hells themselves, and through all of it I have marvelled at what nature has to show to me each time. For this volume in particular however, I have chosen to focus on nature's more understated, yet crucial gifts: plants and herbs.

Within this book is the compilation of copious amounts of travel notes, interacting with and consuming every magical plant ranging from the mighty mountain heart ginseng, to the mirthful sillypad. Within these pages you will find not only an exhaustive compendium of useful plants and herbs you may find on your travels, but also instructions on how to forage for them, how to brew them into powerful tinctures, new spells to add to your arsenals, and also my many humorous thoughts and musings. Nature has grown these miracles for us, and after reading this book, you will know how to take them all for yourself!

Good luck, and good foraging."

-Sir Hamund Holderhek, O.B.H. (First class), V.A., N.K.P.*



CHAPTER 2: RULES AND MECHANICS

ANY MAGICAL PLANT (AND EVEN SOME PLANT adjacent organisms like mushrooms and lichen) are considered **herbs**. Herbs can be found in virtually every environment, even using their magical nature to survive in places that would be inhospitable to more mundane plants. Their effects vary widely and some are much rarer and more useful than others, but all have their own value in their own ways.

The following section details the basic rules for finding herbs and how to use them.

GATHERING HERBS

Collecting a herb is known as **gathering**, which is further broken down into two different methods: **foraging** and **picking**.

FORAGING

Foraging refers to wandering through one's environment and simply gathering whatever they may come across. It may be done as a downtime activity, or while the party is travelling at a normal or slower pace. For every 8 hours that a character spends foraging, they may make a Wisdom (Survival) check, with the results determined by the table below. Results are cumulative: each row's results also earn the foraging character the results of the rows above it.

FORAGING HERB TABLE

d20	Result
10-15	Character finds enough food to feed a Medium-sized creature for one day.
16-20	Character finds a common herb. Roll on the appropriate environment's common herb table to determine the result.
21+	Character finds a rare herb. Roll on the appropriate environment's rare herb table to determine the result.

OPTIONAL RULE: IDENTIFYING HERBS

For the sake of simplicity, it is assumed under the standard rules that characters are always aware of the identity of the herb they have gathered, including its name, value, and effect. However, if the DM wishes to add a bit more complexity and challenge, they may wish to force players to identify herbs as well.

Under this optional rule, whenever a character forages a herb, they must succeed on a DC 15 Wisdom (Nature) check in order to identify the herb they have just gathered. On a failure, a character is only aware that the herb is vaguely useful, but does not know its name, effects, or how to use it.

A character that has opted to pick a herb is assumed to know which herb they have picked.

PICKING

Picking refers to actively searching out a specific herb by tracking through the environment and looking for signs of where the herb may be. This may only be done as a downtime activity.

In order to go picking for a herb, a player must declare which herb they are looking for and then spend the next 8 hours attempting to find it, at the end of which they may make a DC 25 Wisdom (Survival) check. A player may only attempt to pick a herb that is in the same environment table as the environment the player is currently in.

On a success they find the herb they were looking for. On a failure, it is deemed that the herb cannot be found in the local area and they must travel for a full day before they, or anyone in their party, may attempt to pick the same herb again.

RESOLVING THE *LOCATE ANIMALS AND PLANTS* SPELL

The *locate animals and plants* spell allows a player to name a plant and be told where it is so long as it exists within a 5 mile radius of their current location. While this is a rather innocuous spell in the base game, when it comes to finding herbs it can be quite powerful in finding the rarer herbs, and potentially cause contention since it would rely on DM fiat to decide if that herb is present or not. To avoid this, DMs can use the table below to determine the herb's availability, based on the probability of the herb's rarity in their environment table.

To use the table, the player casting the spell must roll a d100. If they roll equal to or above the number listed next to the herb they are trying to locate's corresponding position on their herb table, then the herb is present and the spell leads them to it.

HERB'S RELATIVE RARITY TABLE

Herb's Table Position	d100 roll
2 or 16	99
3 or 15	96
4 or 14	91
5 or 13	85
6 or 12	77
7 or 11	68
8 or 10	57
9	44

Note that this table only applies to special herbs. If your players wish to find many common herbs, that should have little impact on game balance.

USING HERBS

Herbs may be used much like any other item, with their description detailing how to use them, how long it takes to use them, and the effects they bestow.

A creature may only be under the effect of one herb at a time. If a creature attempts to use a new herb on themselves while still under the effect of another, the first herb's effects end immediately.

OPTIONAL RULE: HERB TOXICITY

For balance reasons, it is advised to maintain the rule that allows a character to only benefit from the effects of one herb at a time. However, if the DM wishes, they may allow the high-reward usage of multiple herbs, by including a high-risk drawback known as **herb toxicity**.

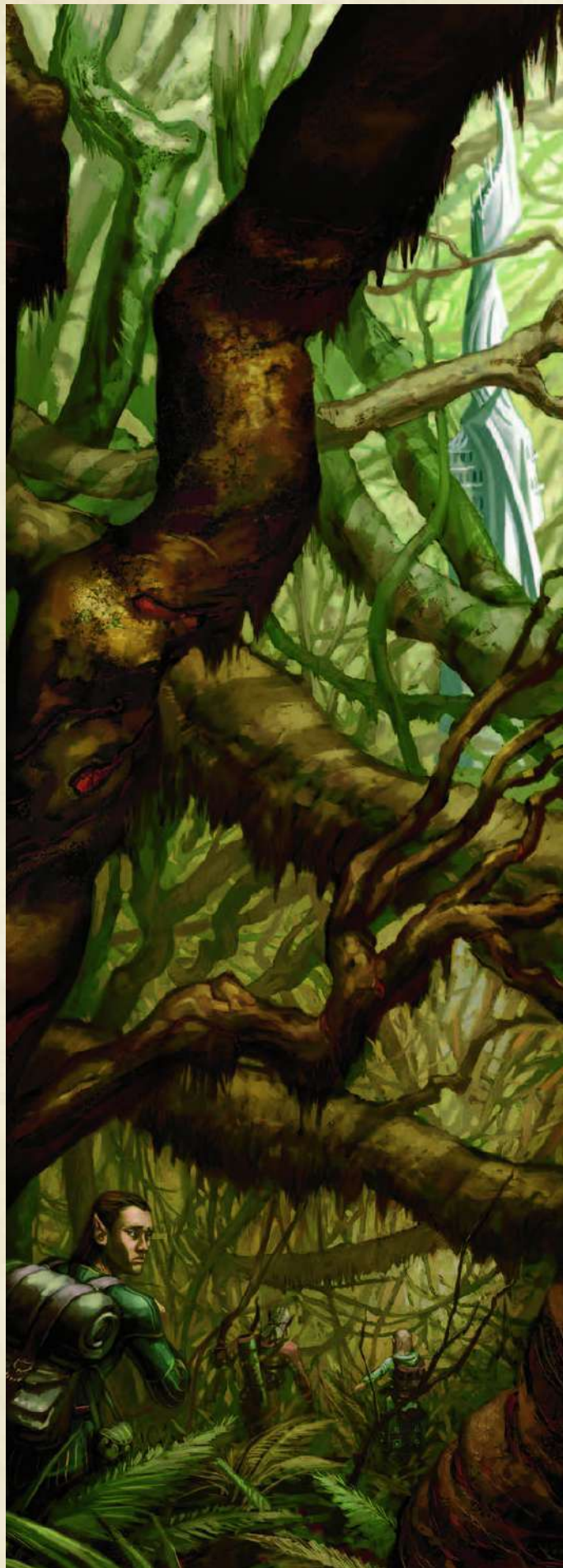
Under this optional rule, whenever a creature is under the effects of one herb and attempts to use another on themselves, they must make a Constitution saving throw with a DC equal to $10 + 5 \times$ the number of herbs they have attempted to use since their last long rest. On a success, they use the herb as normal. On a failure, their body rejects the overload of magical influences on themselves, causing the herb to be wasted, the beneficial effects of any herb currently affecting them to end immediately, and for the creature to become poisoned for one hour.

PREPARING HERBS

Many herbs are quick and simple to apply, usually just using an action to eat them or spending a bit of time rubbing their juices on one's equipment. However, other herbs require a much longer and more involved process - needing to be smoked, boiled, peeled, burned, etc. before they become usable. Herbs that require a process such as this are said to **require preparation**.

To prepare a herb, a character must have a herbalism kit in their possession and spend an hour during a short or long rest processing the herb appropriately. This is considered a light and non-strenuous activity for the purpose of calculating rest requirements. If done during a short rest, that character may still recover hit points by expending hit dice as usual.

Once the rest has been finished, the herb must be used immediately. The character preparing the herb and the character using the herb do not need to be the same - one character can prepare the herb, while another uses it at the end of the rest.



CHAPTER 3: THE HERB COMPENDIUM



HIS SECTION CONTAINS THE LIST OF MORE THAN 160 herbs created for this book, as well as an explanation of how to read a herb's entry.

NAME

The name of the herb, listed in alphabetical order.

REQUIRES PREPARATION

This section denotes whether or not a herb needs preparation before it can be used (described in more detail in Chapter 2).

DESCRIPTION

A description of the herb written by Hamund. While these are usually just flavour, they also often inform the player how the herb is applied which may impact very specific game scenarios.

LOCATION

Specific herbs grow in specific environments, having grown to adapt to their surroundings. This section lists which environment the herb can be found in, which is also the herb environment table for where they can be rolled.

INHOSPITABLE ENVIRONMENTS

Although the herbs listed in this guide are meant to be findable in most locations, the DM has full discretion to determine if an environment is completely devoid of plant life and thus unsuitable for finding any herbs. Locations like this may include the peaks of mountains, in the middle of the ocean, the depths of the Nine Hells, etc.

In other cases, the DM may decide that plants can grow in an environment, but due to various circumstances, their availability may be limited - such as during a severe drought, or while travelling through the mostly barren lands of the Shadowfell. In these cases, the DC for gathering all herbs is increased by 5. Similarly, if the players are in an environment in which plant life is extremely abundant - such as the forests of the Feywild - then the DC for gathering all herbs are lowered by 5.

EFFECT

The effect that the herb imparts once used. Some are destructive, single-use items, while others have beneficial effects that can be used repeatedly. If a herb lists a number of charges based on a dice roll, these charges are rolled for when the herb is first gathered.

HERB LIST

ABOLETH STALK

Location: Coast

Requires Preparation: Yes

Description: It is theorised that this plant spawns from the tidewashed droppings of an aboleth, lodging itself in dark, damp corners of the coast and growing into an unpleasant herb that resembles the stalks of its creator in a vague Y-shape. The mucus that the plant secretes has a mind-altering effect, causing those that imbibe it to open themselves to telepathic communication with anyone else that has consumed it.

Effect: This herb may be prepared by two creatures at the same time by sucking the mucus on the two top prongs of the herb for the length of the preparation. Once prepared, any creature that prepared the herb may communicate telepathically with any other creature that prepared the herb, up to a range of 500 feet. This effect lasts for 6 hours. Once used, this herb goes dry and becomes useless.

"A word of advice based on experience when using this herb: do not make eye contact with the other person using it, it makes things much, much more awkward." - Hamund

ALOYLEAF

Location: Mountain

Requires Preparation: No

Description: An absolutely wondrous leaf found on bushes and hedges that have grown on top of hard metal deposits. In order to process the poor soil quality, these plants excrete the excess minerals out through their leaves, resulting in them taking on both a metallic lustre, as well as a durability that matches steel. Due to their light weight and beautiful shiny green colour, these leaves are highly sought after for armour materials, and there are many that make a living simply walking between aloyleaf plants and harvesting any new growths they encounter.

Effect: This herb provides enough leaves to cover 1d6 square feet. These leaves are as hard as steel, but are as lightweight as normal leaves and never decompose unless buried under soil.



ASHFREE BIRCH

Location: Arctic

Requires Preparation: No

Description: While most birch trees are actually renowned for how long and hot they burn, the ashfree birch lives up to its name by actually doing the exact opposite - it vanishes almost instantly once exposed to heat. This is due to the composition of its bark which contains tiny ice crystals inside each cell. When exposed to heat, these cells rupture and release the trapped ice within, thereby neutralising the flame but also making it look like the bark simply disappeared into a puff of steam. While this may seem useless, the bark is actually quite useful as an insulation material and is often found in arctic villages being used to manage campfires and other open flames.

Effect: You may spend 10 minutes placing sheets of this bark to wear underneath your armour and clothes, insulating you against heat and fire. If you do so, whenever you take fire damage, this herb absorbs that damage instead of you. This herb can absorb up to 30 points of fire damage before completely burning away and becoming useless; with any excess damage transferred to you instead. You may remove this herb by spending 1 minute peeling it out of your clothes.

AURIL'S HAIR

Location: Arctic

Requires Preparation: No

Description: Named for the goddess of cold, this plant is every bit as sharp and wicked as its namesake. Resembling icicles rising from the ground, auril's hair is actually a flowering plant that sheds all of its greenery during the winter months, leaving just a sharp, icy blue stalk behind. In order to protect the important structures within this stalk, it has developed a remarkable ability to absorb and disperse the cold wherever it goes, much like the capricious Frostmaiden herself.

Effect: As an action, you may stab this stalk into the ground. If you do so, all the ground within 20 feet of you becomes covered in a thin layer of ice, causing it to become difficult terrain for the next 10 minutes (or half that if done in a hot environment). This stalk may be used in this way up to 3 times, after which it loses all of its stored cold energy and becomes useless.



BANSHEE VINE

Location: Swamp

Requires Preparation: No

Description: This pale-blue vine grows in areas with high concentrations of saltwater and is usually found wrapped around mangrove trees. While they are relatively mundane plants, they do have one curious trait in which they quickly shed all of their water once picked, turning them into dry, stringy ropes filled with tiny air pockets. If the dehydrated vine is broken afterwards, the air pockets release a high pitched, debilitating screech that resembles a banshee's wail.

Effect: As an action, you may break this herb in half, causing all of the air inside to be released in a high-pitched wail. All creatures within 30 feet of you that can hear, must succeed on a DC 14 Constitution saving throw or be stunned until the start of your next turn.

BARRIER CORAL

Location: Coast

Requires Preparation: No

Description: A coral found in areas of high magical saturation, such as along the crossing of leylines or in proximity to a planar portal. It is identifiable by the rainbow-like sheen that enchanted brine deposits make on their exterior, causing it to leave behind lines of magical salt with warding abilities when dragged on the ground.

Effect: This herb may be dragged behind you on the ground as you move, creating a magical line that is capable of warding against celestial, fey, fiend, and undead type creatures. If any of these creatures attempt to move over a line created by this herb, they must make a DC 18 Wisdom saving throw. On a failure, they are prevented from moving across the line for an hour, after which they may make the saving throw again, ending this effect on a success. In addition, creatures of those types are incapable teleporting into or out of an enclosed area created by a line from this herb. This herb is capable of drawing a line of up to 60 feet in length.

"Before anyone brings it up: yes I am aware that coral is not actually a plant. But, it has been treated as such for so long by many peoples, so excuse me if I took some liberties with its inclusion." -Hamund

BASILISK TONGUE

Location: Mountain

Requires Preparation: Yes

Description: A plant with drooping purple-grey flowers, resembling those of a basilisk's tongue. Indeed, the resemblance is more than superficial, as the petals secrete a magical oil that can transform flesh into stone much like its namesake's gaze. It has long been debated as to whether this is a mere coincidence, or if perhaps the basilisk gained its signature ability through a long coexistence with the plant. Unfortunately, no conclusive evidence has so far been found.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition, covering it in a petrifying oil for 10 minutes. A creature hit by this weapon or ammunition must succeed on a DC 12 Constitution saving throw, or gain one level of the following effects as they begin to turn to stone. The affected creature's movement speed is halved. The affected creature is restrained. The affected creature is petrified as it turns to stone. The creature may make the Constitution saving throw again at the end of each of their turns, reducing their effect level by one on a success. A *greater restoration* spell or similar magic cast on an affected creature instantly removes all levels.

BASILISK'S APPETISER

Location: Cave

Requires Preparation: Yes

Description: A knobby root found in the depths of caves, said to grow where basilisks leave their droppings. The internal ecosystem of the root itself leads to the cultivation of colonies of bacteria that when inadvertently consumed with the root, radically alters one's digestive system to be able to process hard minerals and rocks as if it were any other food. While the thought of this may be off putting, there are numerous tales of cave-in survivors that owe their lives to this wondrous plant.

Effect: This herb has 1d4 charges. When you use this herb, you expend one charge. For the next 24 hours, you are able to eat and digest rocks, with 1 pound of rocks providing the equivalent of a full day's worth of nutrition. Unfortunately, it does nothing to improve the flavour or texture.

"There was a period of about a month following a catastrophic avalanche in which I was forced to subsist solely on rocks made edible through consumption of this herb. I must say though, while eating the rocks was undoubtedly unpleasant, the worst part is when the time comes to pass it out the other end..." -Hamund

BIRD SEED

Location: Grasslands

Requires Preparation: No

Description: Several plants rely on birds to eat their seeds in order to propagate themselves throughout the land. However, the grass known as *avis poales* reverses this method by simply transforming its seeds into birds to send them away. How this highly atypical 'bird seed' came to be is up for debate, but one legend has it that they are the hairs of a bird goddess, come down to the Material Plane to spread her children across our world.

Effect: This herb has 1d4 charges. As an action, you may use one charge to scatter a number of seeds on the ground, causing them to change into a small flock of birds that fly off immediately. These birds are magical in nature and disappear after 1 minute.

BLIGHTED POLLEN

Location: Grassland

Requires Preparation: No

Description: A breed of amaranth with a sickly, pale-purple colouration. Unlike the more widespread varieties cultivated for their nutritional purposes, this plant is viewed as a pest due to its pollen which causes allergic reactions in virtually every creature that inhales it. Although the effect varies from creature to creature, they are universally considered extreme and dangerous. As such, it is customary for farmers to burn this plant whenever they find it in order to avoid its spread at any cost.

Effect: This herb has 1d4 charges. As an action, you may use a charge to toss a pinch of this herb's pollen at a creature you can see within 5 feet of you, forcing them to succeed on a DC 16 Constitution saving throw or become poisoned for 10 minutes. While poisoned in this way, the creature also suffers an additional random effect determined by rolling on the table below. The poisoned creature may attempt the saving throw again at the end of each of their turns, ending the effect on a success.

d6 Effect

- 1 The creature's eyes swell shut, causing them to be blinded.
- 2 The creature's ears swell shut, causing them to be deafened.
- 3 The creature is overwhelmed with dizziness and vertigo, causing them to be stunned.
- 4 The creature is overcome by anaphylactic shock, causing them to be paralyzed.
- 5 The creature is overwhelmed by sneezing and coughing, lowering their defences and causing all attacks against them to be made at advantage.
- 6 The creature's motor functions are impaired, causing their movement speed to be reduced to 0.

BLUBBER BULB

Location: Arctic

Requires Preparation: Yes

Description: A low-growing flower with yellow-grey petals that can be found in even the most frigid of environments. It owes its survival to the thick blubber-like oil that it builds up inside its flower bulb that insulates it from biting winds and freezing colds. Not only is this blubber effective at protecting the plant, but it is also able to protect the skin from minor damage that an adventurer may encounter in the wild.

Effect: After using this herb, you are covered in a thick layer of blubber-like oil that remains for 4 hours. During this time, you are immune to any cold, fire, poison, or acid damage that you would suffer as a result of touching a target or from hitting them with a melee weapon attack.

BOOM MAIZE

Location: Grassland

Requires Preparation: No

Description: A variety of corn grown over incredibly fertile soil rich in nitrates and sulphur. Identifiable by the pale grey colouration of their cobs, the kernels themselves contain a large amount of volatile gas that cause a strong, but harmless blast as soon as they break open and are exposed to air. The current theory is that this property allows them to spread their grains without requiring the assistance of animals, but enterprising creatures have repurposed handfuls of these explosive kernels as a makeshift weapon. Also note that under NO circumstance are you to eat these kernels, unless you intend on suffering an incredibly explosive case of gas.

Effect: A full pouch of this herb contains 6 charges. As an action, you may expend one or more charges to throw a handful of kernels at a target you can see within 20 feet of you. That target must make a DC 10 Strength saving throw, with the DC increasing by 2 for every charge you expended. On a failure, the target is pushed back 5 feet.

BRAMBLE RICE

Location: Grassland

Requires Preparation: No

Description: While most grains hope to be consumed by animals so that their seeds will be spread as far as possible, bramble rice picks a much more ambitious target: monsters. The spiky husks around the rice grains prevent them from being eaten by lesser creatures, but seem to have no effect on the digestive systems of larger monsters who regularly forage for this herb and then spread it to their protected lairs and dens.

Effect: This herb has 1d4 charges. As an action, you may use a charge to scatter a pouch of this herb in a 5-foot-square area in front of you. Any creature that enters the area must succeed on a DC 15 Dexterity saving throw or stop moving and take 1 piercing damage. Until the creature regains at least 1 hit point, its walking speed is reduced by 10 feet. A creature moving through the area at half speed doesn't need to make the saving throw.

BREEZE NUTS

Location: Coast

Requires Preparation: No

Description: A curious nut found attached to shrubby plants growing on windswept beaches. Said to appear in places where air elementals once stood, these nuts carry a weak wind magic within themselves. Although their limited effect may have little practicality, they do certainly aid in aesthetics, especially when wearing appropriately loose and billowing clothing.

Effect: As an action, you may eat this herb. For the next hour, you constantly generate a weak breeze that circles in a 5-foot radius around yourself.

BRIGHT EYE CARROTS

Location: Cave

Requires Preparation: Yes

Description: These pale-yellow carrots can be found by looking in the few patches of a predominantly dark environment that have been touched by sunlight. Their presence below the earth is signified by the telltale grey stalks they shoot above the surface which redirect precious sunlight into the carrots themselves. When dried, powdered, mashed, and then rubbed onto the areas around one's eyes, they provide a level of darkvision to those that would normally be useless in the dark.

Effect: For 8 hours after you apply this herb, you gain darkvision out to a range of 60 feet, and your eyes shed a dim light in a 5-foot radius.

BUBBLEMELON

Location: Coast

Requires Preparation: No

Description: This plum-sized melon can be found buried under the sand in the shallows of a coast and is identifiable by looking for the telltale bubbles that it emits from the sand during low tide. It is believed that these fruits were created by some sea god as a method of bridging the divide between land and sea dwellers; indeed, it has the incredibly useful ability to release breathable oxygen when it is chewed, allowing the non-aquatic races to venture beneath the depths (at least temporarily).

Effect: As an action you may begin chewing this herb. As long as you continue chewing this root, you do not need to breathe. This herb may be chewed for up to 10 minutes, which you may do all at once or over several sessions.



BURIED MOONLIGHT

Location: Cave

Requires Preparation: Yes

Description: This herb is not a specific variety of plant, but rather it refers to a phenomenon that occurs in the roots of trees when they burrow into the right areas of the ground. While it is common for roots to hang from the ceilings of some caves, it is a much rarer occurrence for them to become suffused with the magic of the earth, causing them to emit a pale, but rather pleasant light - something that will happen to you too if you rub this herb on yourself, as well as anyone you manage to touch. Those who have eaten the herb have described its effects as calming, as well as a source of amusement by using their light trails to draw rather...rude shapes and messages.

Effect: For the next 8 hours after using this herb, you glow with a pale light reminiscent of moonlight, even when invisible. While glowing in this way, you shed bright light in a 5-foot radius around you, and dim light for a further 10 feet beyond that. In addition, any creature that you touch or succeed in a melee weapon attack against also glows with this same light until the end of your next turn.

"Personally, I disagree with the hypothesis that it is magic that causes the transformation. I instead propose that it is caused by a breed of algae too small to be seen with the naked eye that bonds with the root for safe anchorage in exchange for providing nutrients. Unfortunately I am unable to test my theory, as the sample I intended on testing ended up being lost when I had to use it to fight off a rather naughty behir I had met down in that cave system (for more information on this fight, pick up a copy of 'Hamund's Humble Hypotheses, Volume VII')." - Hamund

CANDLE ROSE

Location: Forest

Requires Preparation: No

Description: A wonderfully droll flower thought to have been invented in the courts of the Feywild by a druid attempting to win a fey queen's favour (they were apparently successful). This rose grows a naturally waxy cuticle around its flower petals, and when the tips are set alight, this wax melts much like a candle's would. Altogether, this rose is essentially usable as an ordinary candle, but with the added benefit of both looking and smelling fantastic. Other varieties have been grown as well, leading to a range of colours and fragrances. They can be rather expensive for common folk however, so they are usually only brought out when celebrating a valued guest.

Effect: This foot-long herb may be used in the same manner as an ordinary candle: for 1 hour when lit, it sheds bright light in a 5-foot radius and dim light for an additional 5 feet. The fragrance and colour of this rose is determined by your DM, but they are usually both quite pleasant.

CHEF'S TRICK

Location: Swamp

Requires Preparation: No

Description: Swamps are not known for their wealth of appetising foodstuffs, but there is one herb whose culinary utility outdoes virtually all others. Resembling a small length of sugar cane, this herb is magically adapted to change its flavour to anything its consumer can think of, causing it to become highly valued by less talented cooks looking for a shortcut to their shortcomings.

Effect: As an action, you may crumble and sprinkle it over an edible item such as a meal or drink while thinking of a flavour. This flavour can range from something vague like 'sour' to something specific such as 'a roasted chicken seasoned with oregano.' If you do so, that item tastes like the flavour you were thinking of. A creature that consumes this item may make a DC 20 Wisdom (Perception) check to notice the artificial flavouring in it.

CLERIC'S CANE

Location: Desert

Requires Preparation: Yes

Description: A variety of citrullus, cleric's staff is a dull, green-brown in colour with a woody texture on the curled, cane-like vines that give the plant its name. These vines have strong medicinal properties when chewed, and act as a natural boost to the body's recovery process. Do not eat the gourds that the vines are connected to however, they are incredibly bitter and have been known to lead to respiratory problems for many people.

Effect: As part of using this herb, you may roll any number of hit die you have available to regain hit points as you would normally during a short rest. If you roll a 1 or 2 on any of those die, you may reroll the result and must take the new number, even if it is a 1 or a 2.

COLD BRUSH

Location: Arctic

Requires Preparation: Yes

Description: An extremely hardy shrub covered in tiny, blue, hair-like leaves. Each of these leaves are tipped with an insulating sap that gradually grows colder over the winter and serves to protect the plant from frigid environments. When brushed on a creature, the sap is said to impart an icy feeling, along with a curious reaction of turning their skin blue.

Effect: As part of using this herb, you must rub it on your exposed skin while preparing it. For the next 4 hours, your skin turns a pale blue and becomes icy to the touch. This has no impact on your actual body temperature.

COMPASS ROSE

Location: Cave

Requires Preparation: No

Description: Despite its name, this herb is not actually a rose, nor does it even resemble one - apparently whoever discovered it just really wanted to make an allusion to the cartography term. This herb, which is actually a type of fern, is magically attuned to the wind which it uses as its main method of propagating spores. It is in fact so sensitive to changes in the wind, that it will react to even the weakest of breezes. This ability has been taken advantage of by spelunkers as a makeshift method of discovering surface passages even when in the most confusing cave systems.

Effect: This leafy herb has 1d6 charges. As an action, you may hold this herb flat on your palm. If you do so, the herb will lose one charge and release a puff of visible spores that travel along the path of the wind. This ability functions even in a walled space like a building or deep cave so long as there is a single open passage connected to the area you are in that leads to the outside.

CORPSE HANDS

Location: Swamp

Requires Preparation: Yes

Description: As can be gleaned from this herb's morbid name, corpse hands resemble a rotting hand rising from the swamp waters like it was raised in some poor soul's final act of desperation. In actuality, corpse hands are mangrove-like roots and are even more macabre than they look. They are actually a carnivorous plant that produces an oil on the "palm" of its hand. This oil is incredibly necrotic, and any insect that touches it begins to rot immediately as the hand closes around it for the plant to digest. Good harvesters know how to extract and treat this oil however, and use it for more nefarious means.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 necrotic damage upon its first successful hit in a turn. This effect lasts for 1 hour.

COURTIER'S PERFUME

Location: Grassland

Requires Preparation: Yes

Description: A cream coloured rose able to attract insects of all kinds by magically adapting its scent to any creature that smells it. Due to this property, it is a popular flower sold during the spring months when a number of enthusiastic young people enter the streets looking to woo the person of their dreams (but whom they have not bothered talking to long enough to actually figure out what kind of scents they like yet).

Effect: For 4 hours after using this herb, any creature that smells you, perceives you to smell like their favourite scent.

CRACKER NUTS

Location: Forest

Requires Preparation: No

Description: The nuts of the *gunneria quercus* are loaded with an expanding gas that causes them to explode upon impact with the ground, allowing them to propagate across the forest floor. During particularly strong winds, the sounds of these nuts hitting the ground create a cacophony of noise reminiscent of cannon fire.

Effect: This herb contains 1d8 charges, corresponding to the amount of nuts harvested. As an action, you may expend a charge to throw a nut at a point you can see within 30 feet of you, causing it to burst upon impact and creating a loud cracking sound that can be heard up to 100 feet away.

CRACKLE BARK

Location: Grassland

Requires Preparation: Yes

Description: When a tree saturated in a magical environment is struck by lightning, there is a chance for its bark to react by absorbing the raw electrical energy and thus saving the tree from destruction. As part of this, the bark becomes pitch black, but radiates a blue glow. It can be scraped off in sizable sheets and used to wrap one's weapon, imparting it with the power of lightning itself.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 lightning damage upon its first successful hit in a turn. This effect lasts for 1 hour.

CREEPER'S FOLLY

Location: Cave

Requires Preparation: Yes

Description: A type of ivy distinguishable by its spindly forked leaves that resemble that of sharp, tiny hands. Despite its off-putting appearance, these leaves contain a powerful stimulant that when brewed into a tea, raises one's awareness of the world around them while also keeping them calm in the tensest of situations. Among spelunkers, finding a vine of these leaves at the entrance of a new cave is considered a good omen, and it is tradition for them to drink a cup of it to protect them from ambushes by the dark denizens they are sure to meet.

Effect: For 4 hours after using this herb, you cannot be surprised and you make all initiative rolls at advantage.

CRYSTAL FRUIT

Location: Arctic

Requires Preparation: No

Description: An icy-blue fruit that well deserves its name. This curious fruit has an incredibly strange adaptation in that its juice freezes any creature that drinks it. Ostensibly, its purpose is to freeze any insects that attempt to eat it once it blooms at the start of the winter months. Once the snows thaw, the frozen insects are released and have free reign to spread the fruit's pollen far and wide, free from competition. That said, the fruit's freezing effect is mostly designed to be used on insects, and although it will still encase any creature that eats it in ice, it won't have nearly the same potency on anything larger than a mouse.

Effect: You may use your action to eat this fruit. If you do so, for the next 10 minutes your body becomes coated in a thin layer of ice that raises your AC to 15 if it was lower than that before, but your movement speed is halved.

DEADWOOD

Location: Forest

Requires Preparation: Yes

Description: A grey-coloured wood found littering the forest floor, and is usually the result of minor enchantment magic cast in a dying tree's vicinity. When brewed into a tea, it has a rather pronounced calmate effect.

Effect: For 8 hours after using this herb, your emotions remain completely calm, and only change if you are subjected to an effect that would magically change them.

DROWNER'S REACH

Location: Coast

Requires Preparation: No

Description: A horrible variety of sargassum in which each leaf resembles the pale, twisted fingers of a drowned corpse. Even beyond its sinister appearance, these leaves display a rather morbid ability to trap all manner of tiny sea life using the tiny, hair-like cilia that covers its entire being. As the creatures decompose, this plant absorbs nutrients from its body, allowing it to grow quickly despite its lack of supporting root structure.

Effect: While you have this herb wrapped around a free hand, you have advantage on any grapple checks made with that hand. Wrapping and unwrapping this herb around a free hand takes an action. Once this herb has been used in 5 successful grapple checks, it deteriorates and becomes useless.

DRYAD'S SECRET

Location: Forest

Requires Preparation: Yes

Description: A deep brown nut roughly the size of a fist, they are found buried underneath the roots of old, healthy trees, but can be noticed by the heart-shaped pattern of clovers that they shoot through the soil. When ground up, the nut produces a fragrant oil that when applied like a perfume, causes anyone that smells the wearer to become more amenable. Their connection to dryads is widely agreed, but their exact relationship is disputed: some believe that the nut is the source of their infamous charms and that digging them up is like plundering their personal stash, while others maintain they leave them behind as a gift to encourage relationships between those that find them.

Effect: After using this herb, you produce a pleasant smell for the next 4 hours that causes those around you to become open to suggestion. During this time, you have advantage on Charisma (Persuasion) made to convince humanoids to trust or befriend you.

DWARF'S BANE

Location: Mountain

Requires Preparation: No

Description: A yellow, sponge-like fungus that many mistake for moss at first inspection. This herb tends to grow in noxious environments like forgotten mountain tunnels and uses its porous nature to absorb toxins and other harmful pollutants. As part of this, it works particularly well for rendering poisons harmless. Unfortunately, this trait also extends to alcohol, and many careless dwarven brewers have found casks of their ale ruined by this otherwise helpful herb.

Effect: When this herb is placed inside any poisonous liquid, all toxins are absorbed by the herb and that liquid becomes harmless and drinkable water. This effect extends to alcohol which is rendered non-alcoholic if subjected to this herb. This herb is capable of removing the toxins from up to 5 gallons of liquid, after which it is rendered useless.

ECHO WOOD

Location: Mountain

Requires Preparation: Yes

Description: A hardy birch tree that manages to grow on cold peaks. Its wood is infamous for its resonance properties as it bends and reflects the mountain winds around itself, often causing a cascading echo effect that gives it its name. Even the sap of its bark can provide some of this effect, and strips of it can be used as a weapon cloth that lends a resounding (and dangerous) boom to any weapon that it oils.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 thunder damage upon its first successful hit in a turn. This effect lasts for 1 hour.

ELVEN LEAF

Location: Forest

Requires Preparation: Yes

Description: A well known and ubiquitous herb picked from scraggly bushes and used to make a calming tea. A commonly held myth is that elven leaf is named as such due to its large consumption by elves which in turn leads to their infamously serene demeanours - this is in fact false. Elven leaf is actually named as a derogatory reference to the elven ear, due to also having a distinctively sharp triangle shape. Due to this, there is a movement in some circles to change the name of his herb to something with less offensive references.

Effect: For 4 hours after using this herb, you gain a sense of calm that inhibits your ability to experience large spikes in emotions. During this time, you have advantage on any ability check or saving throw to resist being affected by the fear condition.

EMBERGRASS

Location: Desert

Requires Preparation: Yes

Description: A short, saffron coloured grass that resembles smouldering embers when viewed from afar. It only grows in extreme heat, which includes areas that have been recently touched by a wildfire. Due to its heat resistant properties, embergrass is used as a basic flame retardant and survivalists have been known to cover themselves in it should they ever find themselves caught in the path of a blazing fire.

Effect For 1 hour after you apply this herb, you have resistance to fire damage and you automatically succeed any skill check or saving throw made to resist the effects of hot weather.



EVERFROST ROOT

Location: Arctic

Requires Preparation: No

Description: Before the shifting of the plates and the formation of the lands, there were roots that spread from ancient trees all across the world. As time passed, these roots died and withered to make room for the new life that would take its place. However, some still remain frozen under snowy tundra. They have spent millenia absorbing the very cold itself, ready to unleash it to any that know how to tap into its strength.

Effect: You may use this herb as an arcane focus when casting your spells. While this herb is your arcane focus, whenever you roll a 1 or a 2 for cold damage that results from a spell you cast, you can reroll that die and must use the new roll, even if the new roll is a 1 or a 2.

EVERWORT ROOT

Location: Mountain

Requires Preparation: No

Description: A golden-hued root that grows twisted into the sideways-eight shape commonly associated with infinity. It is currently unknown how these roots reproduce since they produce no seeds or pollen, and propagating cuttings of it yields little results. Due to this, the supply of the root is incredibly low, especially given its high demand in an adventurer's inventory. Despite growing only in arid areas, the root is constantly filled with an amber liquid that when added to a potion, greatly increases its efficacy.

Effect: As an action, you may pour the liquid inside this root into a potion. Any duration associated with that potion's effect is doubled permanently.

FABRIC LEAF

Location: Forest

Requires Preparation: No

Description: For generations, the greater world wondered how elves and other fey creatures seemed to be comfortable when they garb themselves in clothes made of leaves. As has recently been discovered, the answer is actually a phenomenon known as 'arboreal fabrication': a randomly occurring event in which some trees produce leaves with the texture and properties of cotton. Unfortunately, the reason behind this occurrence and attempts at replicating them for commercial use are still unknown, and at present can only be foraged from naturally occurring specimens.

Effect: This herb contains a number of leaves measuring 1d4 square feet in area. These leaves do not decompose unless buried in soil, and act almost identically to cotton when sewn together as a fabric. *"My theories for the origin of arboreal fabrication include: a symbiotic insect infestation; enchantments from leyline shifts; a capricious pixii prank; and (my personal favourite) the leaves aren't actually that soft, we're all just too embarrassed to admit that the fey have tricked us into wearing leaves."* -Hamund

FAIRYBED REED

Location: Swamp

Requires Preparation: No

Description: A wonderfully beautiful reed that grows a distinctive pad on top covered with incredibly soft, cotton-like seeds. These pads led native cultures to believe that they were used as resting places by fey folk that were passing through, and that by dwelling there, they in turn imbued the plant with their infamous talents for hiding and stealth. Indeed, the soft seeds of the pad and the oil of the stalk have been used by experienced soldiers to dampen the sound of their equipment when on raids or scouting expeditions.

Effect: You may spend 10 minutes applying this herb to yourself, stuffing its seeds into your armour and lubricating the joints with its oil. If you do so, you ignore any disadvantage to Dexterity (Stealth) checks that you may have while wearing your armour type.

FANANA

Location: Swamp

Requires Preparation: No

Description: A rather whimsical fruit that resembles a bunch of green bananas if each fruit was squashed to the thickness of a finger - with the result being something that resembles a thick fan. Although the fruit tastes and acts much like a regular banana when ripe, ones that have only recently fruited will have skins filled with gas designed to hasten the ripening of the flesh inside. If these are picked and then burst, the gas is released, creating a surprisingly powerful gust of wind. While this wind is by no means dangerous, it has been used as a source of entertainment by children playing pranks, as well as mild utility in specific circumstances.

Effect: This herb has 1d6 charges, with each charge corresponding to one of the fruits of the herb. As an action, you may expend one or more charges to burst the fruits, releasing pent up gas inside and creating a burst of wind that is 5 feet wide and has a length equal to 5 times the number of charges expended. This wind is powerful enough to snuff out open flames and knock over small objects, but not enough to knock a creature prone.

FEY'S FEAR

Location: Forest

Requires Preparation: No

Description: There are legends of a certain type of tree that all fey creatures fear - one cursed in the dying breath of a forsaken kin who wanted to inflict their last moments of spite on all the mercurial denizens of the Feywild. Regardless of the veracity of this legend, it is true that most fey creatures find the branches of the *incarcereta* tree particularly repugnant, as it has the remarkable ability to 'lock' a creature within space and cut them off from any magic that would attempt to shunt their body elsewhere. It is only natural that the fey, who consider teleportation their default mode of transport

and who treat the barrier between planes as a formality at best, fear and despise this otherwise useful herb.

Effect: You may use this herb as a weapon, treating it as a dagger. When you successfully hit a creature with this herb, you may choose to leave it embedded in their body, losing the herb in the process. A creature with this herb embedded in its body cannot teleport or enter a different plane of reality. That creature, or a creature adjacent to it, may use its action to remove the herb from their body, breaking it in the process and making it useless. *"Time and again at the annual herbalist conference, I have put forward a point of order to have this herb renamed to the 'stake holder.' Unfortunately, I have been promptly shut down each and every time. I consider this to be one of the few true failures of my life."* - Hamund

FIEND'S CHILI

Location: Mountain

Requires Preparation: Yes

Description: An incredibly spicy variety of chili pepper, identifiable by two distinctive nubs growing from its top resembling horns. Along with the usual bodily responses to spice, this herb also causes the eater's blood pressure and body temperature to rise, resulting in their skin taking on a bright red hue and their breath to become visible regardless of temperature. While some describe this as unpleasant, the chili has been used by charlatans in order to trick naive villagers into thinking they are under assault by fiendish beings.

Effect: For 8 hours after using this herb, your skin turns bright red and you constantly exhale steam.

FIENDSGATE WISTERIA

Location: Mountain

Requires Preparation: No

Description: A particularly stunning variety of wisteria with a distinctive yellow streak on their petals that pulsates faintly with a calming glow. It is believed that these wisteria only grow in areas that were once the site of some holy event, such as a religious ritual or the death of a blessed figure. Either way, the presence of this wisteria is known to deter fiends, with only the strongest-willed among them able to cross over a line of its petals.

Effect: As part of your movement, you may scatter wisteria petals at your feet as you walk. A bag of these petals can make a line of up to 30 feet in length. If a creature with the fiend creature type attempts to cross over a line of petals, they must make a DC 15 Wisdom saving throw. On a failure, their speed is reduced to 0 for the rest of their turn.

FIN MOSS

Location: Coast

Requires Preparation: No

Description: Often mistaken for a school of fish resting on a seabed rock, fin moss is pretty much exactly what it sounds like: moss that is shaped like a fin. This shape grants it two somewhat useful physical properties - the first is that it adheres to things very well, the other is that it is extremely hydrodynamic. Due to these properties, they can actually be used as a natural weapon attachment, allowing them to function properly underwater (at the cost of looking a little bit silly).

Effect: You may spend 10 minutes attaching these herbs to 1 melee weapon or up to 10 pieces of ammunition. Any weapon or ammunition that has this moss attached to it suffers no penalty when used underwater. These herbs may only be attached to one weapon or set of ammunition - any attempt to remove them damages them beyond use.

FIRE FLOWER

Location: Desert

Requires Preparation: Yes

Description: A stunning red and yellow flower that grows only under harsh sunlight. While most flowers would wilt under such an environment, the fire flower uses this to its advantage by growing oily seeds which burst forth when the plant inevitably combusts, propagating itself vast distances up to a mile away. However, when these seeds are collected early and then pressed into an oil and applied to a weapon, they impart the elemental power of fire to anything that weapon strikes.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 fire damage upon its first successful hit in a turn. This effect lasts for 1 hour.

FIREMELON

Location: Desert

Requires Preparation: No

Description: Despite the rather silly name, the firemelon is a rather powerful and inherently magical herb, coveted by desert-dwelling societies as a portent of good fortune, and it is common to find them firmly attached to the heads of their staves. In some myths, the orange, hand-sized melon is said to be the seeds of the sun itself, lending all of its heat and energy to the mage that wields it.

Effect: You may use this herb as an arcane focus when casting your spells. While this herb is your arcane focus, whenever you roll a 1 or a 2 for fire damage that results from a spell you cast, you can reroll that die and must use the new roll, even if the new roll is a 1 or a 2.

FIREPLUME FENNEL

Location: Desert

Requires Preparation: No

Description: A beautiful orange-red plant herb that can be found by looking for the distinctive flame shaped stalks that it shoots above the soil. Unlike its more mundane cousin, it is highly recommended that you do not attempt to eat this plant, as it has developed a unique propagation method that causes its bulb to explode upon undergoing sufficient external stress (like that of a bite or simply a very hard landing) and thus spreading its seeds a long distance. However, if you really must know what the plant tastes like, I can confirm (with a very burnt tongue) that it tastes like a mix of cinnamon and cloves.

Effect: As an action, you may throw this herb at a space within 20 feet of you that you can see. Upon landing, this herb explodes, forcing all targets within 5 feet of that space to succeed on a DC 12 Dexterity saving throw or suffer 2d6 fire damage, or half that on a successful save.

FLUMPH FUNGI

Location: Cave

Requires Preparation: Yes

Description: Featuring two small bulbs growing from the top of its flat, wide cap, this mushroom resembles the creatures of its namesake. Adding onto the fact that when ingested they enhance a creature's ability to empathise with those around them, a popular theory among herbalists is that these fungi are formed when the ephemeral flumph dissipates and its essence coalesces in areas of great emotional significance.

Effect: After using this herb, you gain a greater awareness and empathy for the people around you for the next 4 hours. During this time, you have advantage on Wisdom (Insight) checks to ascertain the emotional state of humanoids you interact with.

FOOL'S CHARM

Location: Desert

Requires Preparation: No

Description: A succulent related to the jade plant, easily identified by the golden tinge it has on each of its plump leaves. Exceedingly rare, this auspicious plant has been found in many culture's folktales, as either a lucky boon that saves the hero from danger, or as a reward from a trickster god for a job well done. These legends are well earned, as the plant does have some form of magic that bends fate to its owner's good fortune, wilting away the more it protects them from harm.

Effect: This herb contains 1d8+4 charges, with each charge representing one of the remaining leaves on this herb's stem. Any time you roll a 1 on an ability check, attack roll, or saving throw while holding this herb, you may expend a charge in order to reroll that die and use the new result. Once all charges have been used on this herb, it withers away and becomes useless.

FROZEN FUEL

Location: Arctic

Requires Preparation: No

Description: An innocuous looking plant growing in frozen fields that is often overlooked by anyone unaccustomed to arctic survival. This small, bulby, white plant contains a special resin that it uses to insulate its interior against harsh arctic winds and survive till summer. This resin is in fact highly flammable, and also exceedingly sticky which makes it excellent as a makeshift tar. Arctic people have used it for everything from campfire fuel, to torch heads, to makeshift bombs with a simple application of a spark.

Effect: You may throw this herb as a ranged weapon attack at a point within 20 feet of you that you can see causing the bulb of this herb to burst and forcing all creatures within 5 feet of it to make a DC 15 Dexterity saving throw. On a failure, a creature is covered in a sticky, flammable resin which makes them vulnerable to fire damage. A creature covered in this resin or a creature adjacent to them may use their action to wipe this resin off, ending this effect immediately.

FUMBLEWEED

Location: Desert

Requires Preparation: Yes

Description: A rather hardy type of grass that has adapted to the harsh desert winds by being particularly springy and flexible, as well as by having an internal, fluid-based gyroscopic system that helps it remain upright even when uprooted. It is so adept at this ability in fact, that creatures traversing the desert have taken to attaching it to themselves or stuffing it in their clothes in order to avoid being knocked over or stumbling in the loose desert sands.

Effect: The next time you are knocked prone involuntarily after using this herb, you may use your reaction to not be knocked prone instead. After this occurs, this herb breaks and becomes useless.

GARGOYLE'S LICHEN

Location: Cave

Requires Preparation: Yes

Description: Quite difficult to find due to its stony-grey complexion, the gargoyle's lichen is said to grow on the rubble of its namesake's corpse. While it is ultimately harmless, the lichen does contain a chemical that reacts with many creature's skin when rubbed on it, causing it to harden and turn grey like stone. Although it may look unpleasant to some, it has been used as part of religious ceremonies in some cultures to mimic certain creatures from ancient stories.

Effect: For 8 hours after using this herb, your skin takes on a hard, grey appearance that resembles stone.

GHOST LEAF

Location: Swamp

Requires Preparation: Yes

Description: Due to its gossamer thinness and extremely pale colouring, ghost leaf can only grow in areas of extreme shade lest it burn in the open sun. While these properties seem counterintuitive, they actually allow these leaves to absorb the faint traces of spectral energy that are often found in such dark places. As such, whenever you find a gnarled bush with transparent leaves, I would suggest you pick a good bunch of them to harness their power for your own.

Effect: For the next hour, whenever you are moving, you become incorporeal, allowing you to move through other creatures and solid objects as if they were difficult terrain, taking 1d10 force damage if you end your movement inside a solid object. In addition, creatures with the Incorporeal Movement trait can not pass through you.

GIANT'S SILK

Location: Mountain

Required Preparation: No

Description: Although they appear to be massive vines, these tendril-like herbs are actually the roots of ancient trees that once grew before the shifting of landmasses caused them to die off. Although they look like they are made of stone, they are actually incredibly light and flexible, making them very useful as cabling for the hard-working adventurer.

Effect: This herb may be used in place of 60 feet of rope. You make any Strength ability checks at advantage when using this rope to perform any pushing, pulling, lifting, or climbing.



GLACIER BRANCH

Location: Arctic

Requires Preparation: No

Description: While at first this may seem like an ordinary branch covered by frost, closer inspection will reveal that the wood itself has actually transmuted into a form of living ice. This extraordinary transformation occurs when a tree is beset by extreme colds of magical origin, such as a wizard's duel or the breath of a white dragon. While most trees simply snap freeze as one would expect, on a rare occasion, certain branches will absorb this magic and become a glacier branch. While they are beautiful in and of themselves, it is their slushy-like sap that is the true wonder, as it contains a marvellous ability to instantly expand and solidify into solid ice once it has been exposed to air. This ability has been used to create makeshift dwellings when out in the unforgiving arctic winds, or even when in the midst of a battle to create an impromptu barricade.

Effect: The magical sap contained within this branch expands and hardens quickly after exposure to air, transforming into solid ice. As an action, you may break the tip of this branch and release this sap, creating up to 20 square feet of ice at least 1 foot thick at all points. You may configure this ice structure in any way you wish, but it must be contiguous throughout and be on points reachable by you during your turn. Once created, this ice acts as ordinary ice and will melt at the appropriate temperature. The structure can also be broken - it has 12 AC, 30 hit points, is vulnerable to fire damage and is immune to psychic and poison damage.

GLIDE WEED

Location: Coast

Require Preparation: Yes

Description: What is often mistaken for a mass of solid ground floating on the water is actually a mass of tiny, pyramid-shaped, weeds that glide across the ocean's surface like a moving island. These weeds are covered in a hydrodynamic oil that keeps the plants buoyant, allowing them to spread their seeds far and wide. Coastal societies have developed a system of extracting this oil and applying it to their own bodies, allowing them to swim through the waters with all the ease of any fish in the sea

Effect: For 4 hours after using this herb, you have a swim speed equal to your movement speed if it was lower than that before.

"As an aside, I can confirm that the oils of the glide weed also act as a wonderful hair pomade, and I have been known to add it to my own spectacular coif when attending galas and formal events (for more information, pick up a copy of 'Hamund's Heartstopping Haircuts, vol XXXIV')" -Hamund

GLOOM'S CLOAK

Location: Cave

Requires Preparation: Yes

Description: A rather grim-looking species of ivy that is pitch black in colour and covered in tiny hairs on each leaf that make it appear as if a living darkness is growing across any cave wall that it clings to. This herb's incredible adaptation to cave existence allows it to absorb any miniscule amount of light and trap it within itself, allowing none of it to escape and wasting none of it at all.

Effect: You gain resistance to radiant damage for the next 4 hours after using this herb.

GLOWMOSS

Location: Cave

Requires Preparation: No

Description: A simple and ubiquitous moss, immediately recognisable for the faint blue glow it emits at all times due to a symbiotic bacteria that lives inside it. While this light is fairly unimpressive by itself, once piled together in large quantities, they can provide a decent (and quite haunting) level of illumination.

Effect: This herb sheds dim light in a 5 foot radius around it.

GLUEBELL

Location: Swamp

Requires Preparation: No

Description: A rather finicky herb in the same family as the venus flytrap and other carnivorous plants. The plant's large open red flower entices creatures into itself with a sweet smelling nectar, but as soon as the creature lands to drink, it becomes irreversibly trapped by an adhesive secretion on the petal's surface. This adhesive is adapted to catch even magical creatures by being breakable only through more powerful magic, and ancient recipe fragments have shown that this plant is actually one of the main ingredients to the powerful *sovereign glue*.

Effect: This herb contains 1d4 ounces of an adhesive secretion that can form a permanent adhesive bond between any two objects. One ounce of the secretion can cover a 1-foot square surface. The secretion takes 1 minute to set. Once it has done so, the bond it creates can be broken only by the application of universal solvent or oil of etherealness, or with a *dispel magic* spell.

"Note that it is not an understatement to say that this plant has adapted to catch magical creatures. When opening the flower bud to check on the healthiness of your find, be prepared to find, among other things, dead insects, mephits, and even decomposing pixies inside (as I did one one unpleasant morning)." -Hamund

GOLDEN PINE

Location: Arctic

Requires Preparation: No

Description: A beautiful pine with leaves tinged with the golden light of the sun rising over a powdery tundra. It is said that this pine was created by Baphomet himself as a gift to any that needed to strike down evil dragons. The resin tapped from its mighty trunk contains a special enzyme that reacts violently with the keratin of a dragon's scales, softening them and making their flesh easier to strike. As such, these trees are revered by the dragon hunters of the land, with many of them building their mighty fortresses inside golden pine forests.

Effect: As an action, you may cover one melee weapon or up to 10 pieces of ammunition with the resin from this plant. For the next hour, any time you use that weapon to successfully hit a creature with the dragon type, that creature must make a DC 15 Constitution saving throw. On a failure, all attacks made against that creature are made at advantage until the start of your next turn.

GOLDEN TRUFFLE

Location: Forest

Requires Preparation: Yes

Description: A delicacy sought by nobles and wealthy merchants from across the world, the golden truffle is renowned for both its heady distinctive flavour as well as its purported medicinal properties. While it is possible to spend time and effort to find these buried treasures by oneself, enterprising farmers have learned how to train other creatures to sniff and seek them out. Reportedly, the best companion for the job is the ever-threatening owlbear, as their sharp sense of smell and unwillingness to eat the truffles themselves makes them perfect for the job - if you can train them not to try and eat you first.

Effect: This herb contains 1d6 charges. You may expend one charge to use this herb, after which, your hit point maximum increases by an amount equal to double your character level, and you gain the same amount of hit points. This increase lasts for 4 hours, after which, your maximum hit points return to normal.

GRAVE ROOT

Location: Swamp

Requires Preparation: Yes

Description: A dry, grey root that grows only on dark sites of death and misery. While it may seem like these conditions would make for a wicked plant, the opposite actually holds true: they are in fact omens of good luck and wards against malicious forces that would attempt to disturb the dead upon which they grow. That should not stop you from picking some of them yourself however, as a powder made from these roots makes for a fine defence against necrotic magics.

Effect: You gain resistance to necrotic damage for 4 hours after using this herb.

GROUNDER SEED

Location: Grassland

Requires Preparation: Yes

Description: Found inside pods of a hardy bush, these seeds contain an oil that dries into a rubbery material shortly after being exposed to air. Its similarity to rubber actually extends to its insulation abilities, and the seed is sought-after as a natural protection against creatures that wield the deadly power of lightning.

Effect: You gain resistance to lightning damage for 4 hours after using this herb.

GRAVE ROOT

Location: Swamp

Requires Preparation: Yes

Description: A dry, grey root that grows only on dark sites of death and misery. While it may seem like these conditions would make for a wicked plant, the opposite actually holds true: they are in fact omens of good luck and wards against malicious forces that would attempt to disturb the dead upon which they grow. That should not stop you from picking some of them yourself however, as a powder made from these roots makes for a fine defence against necrotic magics.

Effect: You gain resistance to necrotic damage for 4 hours after using this herb.

"Although grave root is certainly useful, I caution against using it liberally; it possesses a certain musk that will make you smell like your grandparent's home for a week afterwards. Maybe it's better to just cop some necrotic corruption on the chin." - Hamund

HAG'S HAIR

Location: Swamp

Requires Preparation: Yes

Description: This long, wispy vine hangs from trees and grows grey, stringy leaves that resemble the hair of an elderly woman. In many societies built near where hag's hair is found, a common belief is that the plant is grown from actual hair left by hags in trees as a means of corrupting the forests and extending their influence. In actual fact, this vine grows on trees that are already blighted and works symbiotically with it to draw out parasites and other diseases which grants it several anti-microbial properties once boiled and drunk.

Effect: When you use this herb, you become immune to diseases for the next 24 hours and any disease effects that you are currently subjected to have their progression and symptoms halted.



HAMUND'S HAIR

Location: Mountain

Requires Preparation: No

Description: Yes, this is a herb discovered by none other than I, Hamund Holderhek! This thick grey moss resembles the facial hair of none other than yours truly, and is just as hard, steely, and useful as its namesake. This moss is in fact usually found near deposits of iron located in places of great magical power, such as planar portals, ritual sites, or ancient temples. While difficult to harvest, this moss is a versatile material that is more akin to lightweight, flexible steel than a simple plant.

Effect: You may spend 3 hours applying this herb to armour which involves twisting and weaving the durable yet flexible strands into that armour's weakest areas. After this hour, the armour permanently imparts a +1 bonus to AC when worn. This herb cannot be applied to armour that already has a bonus to AC or to shields.

HEARTSTOPPER WEED

Location: Grasslands

Requires Preparation: Yes

Description: A cousin of chamomile that packs the same calming effect, but amplified to an absurd degree. Identified by its pale-grey colouration, tea made from the roots and stem of this plant cause a creature's central nervous system to stabilise at its most optimal conditions - and then prevent absolutely any deviation from these levels. The resulting fugue has been described as a dulling of one's feelings and an ultimate calm that is unaffected by any external stimuli. While this dampening effect may sound unpleasant to some, others appreciate the stability it provides.

Effect: After preparing this herb, you gain an intense calm for the next hour. During this time, you are unable to gain advantage or disadvantage on any roll.

"Although the plant is useful in tense combat situations, I have often imbibed it for personal use. Such times when an incredible calm has served me in the past include (but are not limited to): talking to my publisher, sitting through a mediocre play written by a friend, being forced to eat a meal with one of my critics, and being cornered in the washroom by one very overzealous fan (for more on that last anecdote, see Hamund's Hilarious Headaches, volume XIV). - Hamund

HEAVEN'S CHANCE

Location: Mountain

Requires Preparation: Yes

Description: An unquestionably magical herb found only on remote mountainsides, untouched by general society. With a checkered pattern resembling that of the fritillary but burnished with a radiant gold colour, this herb is believed to have been created directly by the gods as a method to test their faithful, and to push the boundaries of fate that even they are beholden to. Indeed, burning this herb and inhaling the resulting

smoke results in a feeling of pure euphoria and otherworldly power that manifests as breaking through limits that would otherwise be impossible.

Effect: Whenever you roll the maximum value on a damage dice, you may reroll that dice and add the new result to your total damage dealt, repeating this process if you roll the maximum value again. There is no limit to the number of times you may do this on a single instance of damage.

HOPPING BEANS

Location: Desert

Requires Preparation: No

Description: Easily identified by their striking red exterior, these thumb-sized beans are filled with gases that heat up and then expand under the harsh desert sun. When this happens, the beans proceed to "hop," propelling them a short distance before cooling down and then doing it again soon after. It is believed that this is their main method of propagation as it allows them to be noticed by passing scavengers and then brought to more fertile areas. That said, if the gases within are inhaled, they cause a strange transformation in which the body is lightened, allowing one to leap long distances without any increase in leg strength.

Effect: As an action, you may crack open this herb and inhale the gases within. If you do so, your jump distance is tripled for the next hour.

HUNTER'S MUD

Location: Swamp

Requires Preparation: Yes

Description: Technically this is not a plant, but rather a portion of mud that has had the leaves of the *olfactaria sphagnum* moss decompose inside of it. The result is a special mud that completely blocks and neutralises any odours on one's body. It is common to find this mud in the satchels of many hunters that coat themselves with it in order to mask their scent from skittish prey with strong senses of smells.

Effect: For 8 hours after using this herb, you do not produce a smell, and any odours that attempt to cling to you are instantly neutralised.

ICE MINT

Location: Arctic

Requires Preparation: Yes

Description: Being one of the most invasive species in the world, it is no wonder that mint has managed to find its way into even the most frigid of areas. That said, this mint boasts a magic touch to adapt to its cold environment, housing minor ice power inside that can be imparted to anyone that chews it for long enough.

Effect: For 8 hours after using this herb, your breath is always visible, smells like a refreshing mint, and is cold enough to cause frost to build up on objects you exhale upon.

ICE VINE

Location: Arctic

Requires Preparation: No

Description: It is rare to find vines in the arctic, as the arid environment doesn't lend itself to strong supports to climb, nor does the cold promote the watery and supple structure of a vine. The ice vine overcomes both of these challenges however, by growing itself along icy stalactites, as well as possessing the uncanny ability to be immune to outside temperatures. Its ability to remain cool regardless of the weather has led to it being used as a source of refrigeration, as well as for comfortable bedding in summer months.

Effect: This 10-foot length of vine remains icy-cold regardless of the environmental temperature.

ICESTONE TRUNK

Location: Arctic

Requires Preparation: Yes

Description: Petrified wood occurs when a fallen tree is buried in sediment, after which a process occurs that replaces the organic material with minerals. This can even occur in frozen environments wherein a tree becomes snap frozen in the cold and hardens over time. In some exceptional circumstances (such as when a tree fell over a leyline, or perhaps was touched by a dryad at some point), magic can seep into the fallen tree as it crystallises, thereby creating icestone trunks. This magical wood contains the harshest colds inside its frozen form, and when chunks of it are used as a sharpening stone, can cause a weapon to freeze its target in solid ice.

Effect: As part of using this herb, you must use it to sharpen one slashing or piercing melee weapon, or up to 10 pieces of slashing or piercing ammunition. For the next 4 hours, this weapon or ammunition is considered magical, and whenever it successfully hits a creature, they must make a DC 17 Constitution saving throw as frost attempts to cover their body. Creatures with resistance or immunity to cold damage automatically succeed this saving throw. On a failed save, the affected creature's movement speed is halved and makes all Dexterity saving throws at disadvantage for 1 minute. If the saving throw fails by 5 or more, the creature is also restrained and cannot take reactions as the frost overtakes their body. At the end of each of the creature's turns, they may make the saving throw again, ending the effect on a success. This herb may be used up to 6 times, after which its magic fades and becomes useless.

ICICLE MOSS

Location: Arctic

Requires Preparation: Yes

Description: In areas of permafrost, the icicles last so long that they become able to support the growth of plant life that feeds on microbes and algae trapped within. One such breed of plant is known as icicle moss and can be found by the steely-grey patches that it

creates on the icicles it grows on. Because of its adaptation, the moss constantly exudes an aura of cold, and when it is used to coat a weapon, it can share the bite of winter with those it strikes.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 cold damage upon its first successful hit in a turn. This effect lasts for 1 hour.

INTERROGATOR'S BATON

Location: Desert

Requires Preparation: No

Description: This member of the cordyceps family is known for its pitch black coloration, long shape, and slimy skin. Like other cordyceps, this herb is parasitic in nature - in this case, it infects a victim's mind and induces a feeling of apathy and compliance. The slime from this herb is particularly potent, leading interrogators to use it to coat their tools and add an alchemical edge to their distasteful work.

Effect: This herb has 1d4 charges. As an action, you may spend a charge to rub this herb on either one melee weapon or up to 10 pieces of ammunition, coating it with a parasitic slime. For the next ten minutes, any damage inflicted by a coated weapon or piece of ammunition is not considered as 'harmful' for the sake of ending a charmed condition on an afflicted creature. Once this herb loses all charges, it becomes dried out and is considered worthless.

IRONLEAF THICKET

Location: Mountain

Requires Preparation: Yes

Description: A thick and hardy bush with leaves that display a distinctive metallic lustre. While most local legends around this plant would claim that the plant is touched by some sort of crafting or forging god that turned its leaves to metal, the truth is quite different, but (in my opinion) no less wondrous. What looks like a coating of iron is actually a symbiotic mould that grows only on this bush. This mould has an incredibly dense structure that protects the bush from sharp mountain winds and loose rocks that would threaten it - and in exchange, the mould feeds on the plant and uses it for photosynthesis. While it would be a shame to separate these partnered species, it is possible to gain the mould's protection by rubbing it on oneself and transferring the mould to one's skin. Of course, without the leaf, the mould will soon die, but even temporary protection by this plant should be considered a blessing.

Effect: For 4 hours after using this herb, you have a +2 bonus to AC, as well as a shiny metallic grey colouration to your skin.

JELLYFISH VINE

Location: Coast

Requires Preparation: Yes

Description: A translucent variety of kelp that can be found in large clumps either floating across the ocean waves or washed up on the beach. It is often mistaken for a school of jellyfish, and for good reason other than its appearance, since its leaves are covered in a multitude of tiny hairs that are each loaded with a horribly caustic substance that causes painful burns when applied to exposed skin. When the herb is carefully handled and stored, these hairs remain active and can then be used as a coating on weaponry to add a stinging bite to one's strikes.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 acid damage upon its first successful hit in a turn. This effect lasts for 1 hour.

JINGLE BERRIES

Location: Arctic

Requires Preparation: No

Description: Little yellow berries that resemble the chimes of a bell, found on arctic shrubs. While they are edible (and actually considered quite flavourful), the seeds within actually burst once exposed to digestive acid. While this is harmless, the seeds release small but surprisingly audible shards that create a jingle noise whenever they are jostled - such as by the movement of the creature that ate them.

Effect: This herb contains 1d4 charges. As an action, you may expend a charge to eat one of these berries. For the next 10 minutes, you produce a jingling sound whenever you take a step.

"I once had the surreal experience of eating a handful of these fruits for my afternoon tea, mere moments before I was ambushed by a lurking remorhaze. While naturally I managed to fend it off, the valiance of the effort was very much reduced by the incongruous jingling sound I made while diving out of danger (for more on this story, and other musical anecdotes, pick up a copy of 'Hamund's Heartwarming Harmonies, vol III')." -Hamund

KEEPSAKE DAISY

Location: Forest

Requires Preparation: No

Description: At first glance, this may seem like an ordinary daisy. However, upon closer inspection, you will be able to see that it actually appears to be made of thousands of tiny crystals, each one becoming dazzling beacons when exposed to the light. These remarkable flowers are found only in areas with high concentrations of magic, particularly planar portals or teleportation circles.

Effect: As an action, you may split this daisy vertically in half. A creature holding one half of the daisy may use

their action to focus on it, instantly teleporting them and everything they are holding and wearing, to the closest unoccupied space of the other half of the daisy. At this point, both halves disintegrate into useless dust. This ability may only be used when both halves are on the same plane of existence; any attempt to use it otherwise results in no effect.

KILLER TOMATO

Location: Mountain

Requires Preparation: No

Description: A herb with a hyperbolic name, the killer tomato is not actually dangerous - not physically at least. Said to have been created by a trickster god in a fit of mirthful cheekiness, this herb is able to sense whenever a bad joke, story, or song is performed around it, and then fly autonomously at the perpetrator to turn their face red with tomato juice. While this is ultimately harmless, the emotional damage this can cause has resulted in the tomato becoming banned from most music halls and taverns.

Effect: If a creature fails a Charisma (Performance) check within 30 feet of this herb, it automatically flies directly at them and automatically splatters onto them, destroying this herb. This effect also triggers if the herb is on your person and you succeed on a saving throw to resist the effects of a *vicious mockery*, *Otto's irresistible dance*, *Tasha's hideous laughter*, or *dance macabre* spell, or similar magic based on jokes, music, or performances, with the herb flying at the creature that cast the spell.



KI-RIN'S BOUNTY

Location: Mountain

Requires Preparation: Yes

Description: A strain of ginkgo tree with leaves that shine as bright as gold and which always seems to have a holy radiance from within its branches. Archaeological findings have shown that these trees were once ubiquitous throughout the land. However, the constant coveting of their beauty and the medicinal value of their leaves led to their overharvesting. Today, only a handful remain in a few hard to reach places. Some believe that the trees were originally created by the ki-rin as a blessing to the world, and they in turn now protect the last of them by only revealing their location to those they deem worthy.

Effect: For 4 hours after using this herb, anytime a dice would be rolled to restore hit points to yourself, the highest value of that dice is used instead. For example, instead of restoring 2d6 hit points, you would regain 12 hit points. If an effect would restore hit points to both you and another creature simultaneously, a separate dice roll is made as normal for them.

"The idea that the ki-rin vanish and hide these trees is absolute hogwash. The simple answer is that the leaves actually contain a mild intoxicating element that when ingested, leads to feelings of both euphoria (explaining the fantastical descriptions of them) as well as short term-memory loss. In other words, it's not that the trees are vanishing after imparting a miracle to the blessed few that find them - people are simply getting drunk on the leaves, wandering off, then forgetting where they found them." -Hamund

KNOCK WOOD

Location: Forest

Requires Preparation: No

Description: When a fey creature makes their home inside a tree, occasionally they may pass along some of their unpredictable and capricious nature into the wood itself which can be unlocked with a simple knock. This is referred to as a piece of knock wood, an enchanted chunk of tree identifiable by a faint humming that can be heard from it at all times. When its power is literally tapped into, it can allow the holder to defy fate in small, but sometimes crucial ways.

Effect: While holding this herb in your hand, if you are forced to make a roll at disadvantage, you may use your reaction to knock this herb against something hard. If you do so, you make your roll as normal instead of at disadvantage. Once this herb has been used once, it loses all power and becomes useless.

KRAKEN KELP

Location: Coast

Requires Preparation: Yes

Description: Inky black and with distinctive bulbs along its length that resembles foreboding suckers, these long strands of kelp rise from sea beds looking like the tentacles of its namesake. It is said that they are created when the kraken's infamous inky spray mixes with regular kelp, mutating it into this new form. Coastal societies venerate this kelp as a boon from the powerful creature, using the magical bulbs to hide their warriors during raids.

Effect: This herb has 1d8 charges, corresponding to the amount of intact bulbs along its length. As part of using this herb, you must expend 1 charge by popping the bulb and applying its inky miasma to yourself. For an hour after being used, you emit a 10-foot radius cloud of darkness that only you can see through. Anything within the cloud is considered heavily obscured to any creature other than you.

LICH LICHEN

Location: Swamp

Requires Preparation: Yes

Description: A pale white lichen resembling bone dust, found growing in dark areas of extreme desolation like battle sites or dark magical rituals. It carries a peculiar odour reminiscent of a mummified corpse that has been known to both attract carrion as well as mask one's presence from the undead. The term "ghostwalker" has arisen in some cultures to refer to individuals that cover themselves in powders made from this lichen and are thus able to walk through legions of the undead as if they were taking a stroll through a leafy lane.

Effect: After using this herb, any creatures with the undead creature type have disadvantage on Wisdom (Perception) checks made to detect you.

LIFTWOOD

Location: Coast

Requires Preparation: No

Description: There is a legend of a magical tree that once rose out of the world's oceans, floating above its roiling surface as its long roots snaked onto tiny islands to seek solid ground. What exactly befell this tree differs in each telling, but the only agreed upon fact is that it was destroyed and shattered into countless pieces that now float throughout the ocean, occasionally washing up on shores. These fragments carry the same magic of the great tree they were once a part of however, and maintain a much weaker power of levitation to any creature that taps into it.

Effect: This herb is a piece of magical wood, measuring roughly 6 feet in length and the thickness of an average human's forearm. While holding onto this herb, you may focus on it as an action, giving you a flying speed of 5 feet until the end of your turn. Once used, this herb cannot be used again until the next dawn.

LOLTH'S THORN

Location: Cave

Requires Preparation: No

Description: Shining black like a spider's leg, these foot-long thorns grow on vines tangled in cobwebs left behind by giant cave spiders. The tips of these thorns are hollow, while the inside is filled with numerous spongy cells capable of absorbing large amounts of toxins; something that seems to actually nourish the vines they're attached to. These properties also make the thorn a natural syringe that is specially adapted for the removal (and subsequent redistribution) of poisons in the bloodstream. For this reason, the drow believe that these thorns are a gift from Lolth and only granted to those who are destined to spread her venom throughout her enemies.

Effect: This herb may be wielded like a dagger. If this thorn successfully hits a creature suffering from the poison condition, that condition ends immediately, and this thorn is filled with whichever poison that creature was afflicted by. Upon the next successful hit with this thorn, the hit creature suffers any of the effects imposed by the original poison; if that poison required a saving throw, the DC is set to 15. This thorn may only carry one poison at a time, and any poison inside is rendered useless 24 hours after it is first absorbed.

LOTUS OF THE RAVEN QUEEN

Location: Swamp

Requires Preparation: Yes

Description: Also known as the black lotus, this exceptionally rare herb is found in the darkest and most foreboding places imaginable, most likely due to their stronger resonance with the negative energy of the Shadowfell. The dark petals of the lotus have a peculiar shape that make them resemble the beaks of ravens, and when brewed into a tea, they create an elixir that can put a stopper on death itself.

Effect: For the next 24 hours after using this herb, if you suffer a death saving throw failure, you may spend 1 hit die in order to negate that failure instead. You must spend 1 hit die per failure that you wish to negate in the event that an effect would cause you to lose more than 1 at a time.



LUCIDITY LAVENDER

Location: Swamp

Requires Preparation: Yes

Description: A wonderfully fragrant strain of lavender with sprigs in the distinctive shape of an arrowhead. It has been used for millennia as a natural stimulant by anyone wandering the wilderness, as its invigorating scent when burned clears the mind and allows one to maintain their senses in even the most dire circumstances.

Effect: After using this herb, you gain a heightened sense of clarity for the next 4 hours. During this time, you are automatically aware of an illusion's true nature when you look at it, and you have advantage on any ability check or saving throw to identify if a sound you are hearing is a mimicry or artificially produced.

"Lucidity Lavender is a wonderful plant that I keep all year round in my personal garden and pack with me in my smoking satchel whenever I am on my travels. The remarkable clarity it grants has saved me from a number of potentially dangerous situations including, but not limited to: being tricked by a desert oasis, identifying a devil among his many mirror images, and marrying a swamp hag that had disguised herself as a beautiful maiden (which you can read about in 'Hamund's Hook-Ups, Volume XIII')" -Hamund

MAGIC MISTLETOE

Location: Arctic

Requires Preparation: Yes

Description: A strain of mistletoe that grows in areas of high magical concentration; it was said that they were created by a spiteful lady of the feywilds in order to curse her adulterous husband. Although the man had believed himself invulnerable to all harm, the lady had discovered that he had overlooked the simple mistletoe plant. Since she could not form a weapon from it, she instead cultivated the plants until their berries produced a poison, and it is with this poison that she tainted her husband's drink, removing his magical protections in the process. Now left as exposed as any other creature, her husband perished to her dagger, which she gladly plunged into his vulnerable chest.

Effect: As part of preparing this herb, you must cover one melee weapon or up to 10 pieces of ammunition with the juice from this plant. For the next 4 hours, any creature successfully hit by this weapon or ammunition must succeed on a DC 18 Constitution saving throw or become poisoned for the next minute. While poisoned in this way, a creature loses any damage resistances they may have.

MAIDEN MOSS

Location: Swamp

Requires Preparation: Yes

Description: Strangely for a moss, this herb grows quite long, thin, and yellow, causing it to usually be mistaken for grass (or the hair of a beautiful maiden). It can be found growing around the bases of large trees and serves to keep parasites and harmful insects away from them, in exchange for a stable place to grow and propagate. When dried, ground into a powder, and mixed with some bodily fluids, it has a repellent effect on wild creatures.

Effect: As part of preparing this herb, you must expend 1 vial of blood from a creature of your choosing and use it to create a paste from the powder ground from the herb. The resulting paste may then be applied to either one creature that is sized medium or smaller, or to the perimeter of an area that measures no more than 60 feet. For the next 24 hours, any creature that is the same creature type of the blood you added to the paste and that has an Intelligence score of 5 or less must make a DC 15 Wisdom saving throw whenever they attempt to move within 5 feet of the creature or area surrounded by the paste. On a failure, that creature must spend the rest of their movement moving as far away from the creature or area surrounded by paste as they can, taking the most direct, safe route possible. If they succeed, they may move as they wish and they are immune to the effects of this herb for the next 24 hours.

MARID'S TAIL

Location: Coast

Requires Preparation: No

Description: This conical plant is often mistaken for coral due to the ridged, blue shell that it develops on its exterior, as well as the fact that it is found adhered to rocks and other hard surfaces. Inside the shell is actually a highly developed plant vascular system that regulates and cleanses sea water, using the minerals to form its hard shell. However, should this shell ever be broken, the pressurised interior of the plant becomes highly unstable and explodes, violently forcing the stored water to gush in a tremendous burst. It's believed that this is actually by design as well - as the movement allows the plant to spread and propagate itself once it reaches maturity.

Effect: You may make weapon attacks with this herb, treating it as if it was a dagger. On a successful hit, the herb lodges itself in the target and then bursts, forcing the target to succeed on a DC 15 Strength saving throw or be pushed back 20 feet as a strong blast of water gushes out from the ruptured herb. Once this herb has been used once in this way, it is destroyed and becomes useless.

MARINER'S FRIEND

Location: Coast

Requires Preparation: Yes

Description: While this low lying shrub may seem like a common weed to the less educated, this herb is actually considered one of the most useful in the world, and certainly a cornerstone to any coastal civilisation. This is due to the hydrophobic oil that the plant secretes that is capable of completely waterproofing any material, allowing it to be submerged in water, yet emerge bone dry.

Effect: For 4 hours after using this herb, any liquid that touches you instantly drains off your body, clothes, and possessions, leaving you completely dry.

MENDER'S MOLD

Location: Cave

Requires Preparation: No

Description: A truly useful herb coveted by resource-deprived cave dwelling societies. This mold takes the appearance of a black sponge growing across the cave floor, and has the miraculous ability to transform its own cellular structure to mimic virtually any non-magical material in the Material Planes. It is believed that this ability is what has given rise to its ubiquity, as it is still able to release spores and propagate while in its transformed state, thus allowing it to spread wherever foraging creatures may have applied it.

Effect: This herb contains enough mold to cover 1d6 square feet. If you use this herb to cover a broken hole or seam in an object, the herb will magically adhere to the edges of the broken area and then permanently transform itself over the course of the next hour into the same materials as that on the edges it is touching. For example, if placed over a hole in a broken wooden floor, the mold will transform itself into wood. The mold retains its black colouration after the transformation and acts as a homogenous piece of material.

MERROW TRAP

Location: Coast

Requires Preparation: No

Description: An extremely common type of seagrass found all over the ocean, this plant unfortunately has very strong ties to the predatory merrow that utilise its long stalks as both an ambush point and as a disorienting environment to trap their prey. The merrow have also been known to use the grass as fletching on their weapons, using the grass' natural hydrodynamics to make their projectiles more effective underwater.

Effect: This herb contains 1d20 charges, with each charge corresponding to a blade of seagrass. You may expend 1 charge and spend 1 minute attaching a blade of seagrass to a bolt or arrow. If you do so, that bolt or arrow suffers no penalties associated with being used underwater.

MIRAGE MELON

Location: Desert

Requires Preparation: No

Description: While there are many herbs out there that may cause you to see things after eating them, there is only one that causes OTHERS to see things after you eat it. The mirage melon is a magical variant of similar psychedelic fruits that reacts with the visual centre of a creature's brain to cause vivid (if brief) visual effects to literally burst from one's mouth. Usage of these has long been used in traditional storytelling by local cultures to add a visual component to old myths.

Effect: You may eat this herb as an action. For the next 10 minutes, your stomach produces a magical gas that causes you to burp at the start of each of your turns, with each burp emitting a luminescent gas that takes the form of a small illusion of your choosing once it leaves your mouth. Sample illusory effects include butterflies or musical notes. These illusions have neither substance or sound, are obviously fake in nature, and disappear at the start of your next turn.

MORDENKAINEN'S MINT

Location: Forest

Requires Preparation: No

Description: Named for the famous mage that first discovered them, these arrow shaped mint leaves glow with a pale blue light that fades as soon as they are plucked from their stem. Spellcasters traditionally sew them (stems and all) into the lapels of their clothes and then simply tilt their heads and tear a leaf off with their teeth whenever they need its powers. The sharp flavour of the mint aids concentration and the elimination of distractions, something spellcasters take advantage of in order to maintain the stability of their magic.

Effect: As a bonus action, you may begin chewing this herb. While chewing this herb, you have advantage on any Constitution saving throws made to maintain concentration on a spell. This herb may be chewed for up to 10 minutes, which must be done consecutively.

MORTICIAN'S CACTUS

Location: Desert

Requires Preparation: Yes

Description: While many cacti contain juices that can be sweet and tasty, this cactus is a notable exception as it smells strongly of embalming fluid. That said, even a terrible ability like this can be put to good use by nature, as rodents have been observed rubbing themselves on this plant in order to deter predators attempting to swallow them whole.

Effect: For 4 hours after using this herb, you taste and smell terrible. Any creature that makes an attack against you involving biting or using their tongue on you, does so at disadvantage. In addition, you have advantage on any ability check or saving throw made to avoid being swallowed or to be spit out of a creature's stomach.

MOUNTAIN HEART GINSENG

Location: Mountain

Requires Preparation: Yes

Description: Ginseng has been considered a miracle plant for millennia, lauded for its medicinal and healing properties. However, of all ginseng varieties, one type stands above them all as the literal gold standard in potency. The mountain heart ginseng is instantly recognisable for its intense gold lustre, broken up only by glowing red veins that make the root resemble a nugget of gold fished out of the molten heart of a mountain. Its benefits are well known for boosting one's vitality and immune system, almost as if you are gaining the strength and durability of the mighty mountain itself.

Effect: You have advantage on Constitution saving throws for 8 hours after using this herb.

MUD BANE

Location: Swamp

Requires Preparation: Yes

Description: A rather ordinary looking plant of scraggly leaves and thin stalks jutting out from the mud. While the leaves themselves actually make for a decent piece of forage, the buried roots of the plant are highly toxic and should be avoided at all costs. While the root may resemble a rather enticingly plump radish, a single bite of it can result in seizures and convulsions and possibly even death. Unfortunately, many animals and inexperienced adventurers fall prey to this plant every year, resulting in the ominous visuals of corpses piling up in the mud wherever this plant spreads.

Effect: This herb contains 1d3 charges. To use this herb, you must expend one charge to cover one melee weapon or up to 10 pieces of ammunition in a toxic sap. For the next 10 minutes, any creature successfully hit by this weapon or ammunition must succeed on a DC 18 Constitution saving throw or become poisoned for 1 minute. If the saving throw failed by 5 or more, the creature is also incapacitated as they become consumed by violent seizures. At the start of each of their turns and anytime they take damage, the creature may make the saving throw again. On a success, they are no longer incapacitated.

MUSICAL FRUIT

Location: Grassland

Requires Preparation: No

Description: Despite its name, this herb is actually a bean. It has long been favoured by bards for generations, due to the plant's mild psychedelic effect that causes the eater to become more sensitive to tones and audio frequencies, enhancing one's ability to perceive and play music. That said, usage of the herb is looked down upon by many performers who believe that using the herb is a betrayal of their artform.

Effect: You may eat this herb as an action. For the next hour, you have advantage on Charisma (Performance) ability checks made to sing or play musical instruments.

NATURE'S CURSE

Location: Swamp

Requires Preparation: Yes

Description: While there are many dangerous and toxic plants in the world, the aptly named Nature's Curse makes their effects seem like nothing more than a mild case of hayfever. Every part of this horrid tree contains its toxic sap, from its fig-like fruits, to its rough leaves, to its weeping bark. To even touch the sap is to know pain like no other, as burning blisters and debilitating muscle aches immediately set in. In places where this tree grows, simply owning a vial of this sap is considered a crime as it has literally no use other than to enact utmost cruelty upon another creature.

Effect: This herb contains 1d3 charges. To use this herb, you must expend one charge to cover one melee weapon or up to 10 pieces of ammunition in its toxic sap. For the next 10 minutes, any creature successfully hit by this weapon or ammunition must succeed a DC 18 Constitution saving throw or become poisoned for 1 minute. While poisoned in this way, the creature is wracked with horrible pain, causing them to have disadvantage on all saving throws, have their movement speed halved, and any spell they are concentrating on automatically ends at the start of their turn.

NEEDLECLOUD CACTUS

Location: Desert

Requires Preparation: Yes

Description: Despite its name, this plant is in fact not a cactus, but is more related to the stinging nettle, albeit taken to a rather extreme degree. This rather insidious plant possesses rather unimpressive vegetation above the surface, but it is its bulbous root system that has its most interesting adaptation. If a creature attempts to forage on the surface leaves, it will trigger a reaction from the root system that releases a cloud of needles that embed themselves in the face of the hapless animal. While this protects the plant, it actually also acts as part of the plant's reproductive cycle, as the needles are tipped with seeds that the scared animal will inevitably spread in its mad attempt to escape their painful meal.

Effect: As part of preparing this herb, you place segments of this herb in strategic places around your clothes and armour. Anytime you are hit by a melee weapon attack, you may use your reaction to release a spray of sharp needles from the herbs on your body, forcing all creatures within 5 feet of you to make a DC 14 Dexterity saving throw, taking 1d6 piercing damage on a failure, or half that on a success. Once you have used this ability 4 times, this herb runs out of needles and becomes useless.

NIGHTFLAME SEED

Location: Forest

Requires Preparation: No

Description: Scattered on the forest floor are walnut-sized seeds with a distinct purple hue. These are actually immature seeds of the *oleum carealus* tree. While the mature seeds are useful only as a nutritious snack, the prematurely shed ones contain a special oil that causes flames to turn blue and ghostly, as well as lose most of their smoke. While this results in a much more eerie flame, it also becomes much harder to detect from long distances and thus has been used by adventurers that need to travel clandestinely without losing the comfort of a warm campfire in their sleep.

Effect: This seed may be thrown into a fire, causing it to turn a dim blue and mostly difficult to see at night without losing any output of heat, as well as preventing it from producing smoke. The flame only produces dim light in a 5-foot radius around it, and any creature attempting a Wisdom (Perception) check to find the flame does so at disadvantage.

"I once had the sublime opportunity to witness the annual backburning of the Ghostwood forest - so named due to the abundance of nightflame seeds that litter its floor. Every year, the local people set fire to the forest to maintain its growth and promote healthy foliage, while simultaneously creating a spectacular and memorably eerie sight as almost-invisible blue flames devour the wood around them. If you can find the opportunity, I highly recommend taking the time to see it for yourself."
-Hamund

NOFALL LEAVES

Location: Arctic

Requires Preparation: Yes

Description: After a snowstorm, all that can be seen is a blanket of white - except for the patches of bright green that indicate the presence of the nofall bush and its fuzzy leaves. This herb secretes a hydrophobic oil across its leaves, ostensibly as a method of removing any snow that may prevent it from performing much needed photosynthesis. When this oil is rubbed on the soles of one's shoes, it changes the surface tension of the snow wherever it touches, causing it to be able to support a surprising amount of weight in unexpected distributions.

Effect: As part of using this herb, you must rub it on the soles of your shoes, or your feet if you walk barefoot. For 8 hours after using this herb, you do not sink into deep snow.

NOMAD'S TREASURE

Location: Desert

Requires Preparation: No

Description: These pinky nail-sized seeds are recognisable by their waxy brown exterior and distinctive drop shape. When swallowed whole, they release a mouthful of fresh juice that actually provides all the hydration that the average humanoid needs in a day. While botanists have yet to figure out where these plants come from, the reigning theory is that they are the result of magical incursions and weaknesses between planes that result in certain places temporarily touching the Elemental Plane of Water. These seeds then spawn close to the surface of the sand, ready to be picked by whatever wandering creature is lucky enough to forage them. They are so prevalent and useful, that some desert cultures have taken to using them as currency in place of gold.

Effect: When you apply this herb, you are considered to have drunk a day's worth of fresh water.

NUMBING BUSH

Location: Grasslands

Requires Preparation: No

Description: An ubiquitous bush long sought by creatures of all kinds due to its anaesthetic properties. Unfortunately, its numbing effects do result in a loss of coordination - something that trappers have taken advantage of by turning the leaves into bait that makes their quarry easier to hunt.

Effect: As an action, you may use this herb by rubbing it on your body and wounds. For the next hour, you gain 8 temporary hit points at the start of each of your turns, but have disadvantage on Dexterity saving throws and Dexterity ability checks.

ODOUR BEGONIA

Location: Swamp

Requires Preparation: No

Description: A particularly bright red begonia that rises somewhat beautifully out of fetid swamp mud. However, its beauty belies its insidious nature, as a side effect of combatting its toxic environment causes it to build up a chemical with an incredibly sharp, acetone smell. This chemical is so powerful in fact, that it will temporarily shut off the olfactory senses of anyone who crushes this herb and receives a whiff of the miasma inside. This side effect has been used by some people with unpleasant jobs to avoid the nastier environments they work in, such as sewers, plague hospitals, and tanning houses.

Effect: For 4 hours after using this herb, you have no sense of smell.

ORACLE'S LEAF

Location: Mountain

Requires Preparation: Yes

Description: If one reaches the peaks of the highest mountains, you may find oracles dwelling in caves shrouded in incense. While they were usually thought to have been ordained by the gods to communicate their prophecies, it's actually more likely that it is their incense that is responsible for their fortune-telling abilities. The oracle leaf is a magical plant that grows on shrubs on mountainsides, and it has been seen that inhaling their sweet smoke actually provides powers of minor clairvoyance and heightened awareness.

Effect: For 4 hours after using this herb, you gain a minor clairvoyance that aids you in avoiding danger. Whenever you are targeted by an attack, you may use your reaction to force that attack to be made at disadvantage.

PARROT POPPY

Location: Coast

Requires Preparation: No

Description: A bright flower that comes in a wide variety of red, blue, yellow, and green shades, much like its namesake animal. Regardless of its actual colour, the stem boasts a number of hollow seed pods that when shaken or blown in the wind, produces a perfect mimicry of a certain sound usually found on a coast. How these seed pods manage to find these sounds is unknown, but it is widely believed that they are used to attract animals and other pollinators to themselves.

Effect: As an action, you may shake this herb, causing it to emit a sound that is audible up to 100 feet away. This sound is randomly determined by rolling a d6 each dawn as shown in the table below. A creature hearing this sound may make a DC 12 Wisdom (Insight) check to determine if it is a mimicry or not.

PARROT POPPY SOUND TABLE

d6	Sound
1	A strong gust of wind.
2	Sea birds squawking.
3	Waves breaking on the beach.
4	A cloud of insects buzzing.
5	Footsteps crunching on sand.
6	The tinkling of a ship's bell.



PEACEKEEPER'S LILY

Location: Forest

Requires Preparation: Yes

Description: Pure white and radiant, these lilies are most easily identifiable by the smooth, olive-sized bulbs that form in the middle of the lily flower. When pressed into an oil and applied to a weapon, these bulbs have a calmativ effect that can turn even the most violent berserker into a diehard pacifist.

Effect: This herb may be applied to any piercing or slashing melee weapon or up to 10 pieces of piercing or slashing ammunition. For the next hour, anytime you damage a creature with that weapon or piece of ammunition, that creature must succeed on a DC 15 Constitution saving throw or be poisoned until the start of your next turn. While poisoned in this way, the poisoned creature must make a DC 15 Wisdom saving throw whenever they attempt to perform an action that would directly lead to another creature taking damage. If they fail, they must choose another action that would not directly lead to another creature taking damage or waste their action.

PEARVOYANCE

Location: Coast

Requires Preparation: Yes

Description: A magical variety of pear identified by its extremely pale yellow colour that borders on a creamy white. Aside from being absolutely delicious, the juice of this herb can be boiled down into a thick, edible paste when placed into a crucible. This paste has a strong religious history with local people, with many claiming that it allows them to see the future - while others claim that it is merely a hallucinogenic effect. Either way, the sensation is described as quite pleasant.

Effect: After using this herb, you receive a brief vision of the future. The details of this vision, including its length, its distance from the present, and even whether it's true or not is at the discretion of your DM. Regardless, you fully believe this vision to be a true and accurate portent of things to come.

PEONY OF POWER

Location: Grassland

Requires Preparation: No

Description: This highly-sought after flower is not actually a distinct species of flower, but rather a regular peony that has absorbed latent magical energy from its environment. As such, this peony is unbreedable since its existence relies entirely upon the random whims of fate - a fact that is highly disappointing to mages due to the flower's ability to grant them a temporary, but powerful, surge in arcane abilities.

Effect: As an action, you may crush this herb in your hand. For the next 10 minutes, anytime you cast a spell that expends a spell slot, it is considered to be cast using a spell slot that is 1 level higher than the one you actually used.

PINECONE OF COLD

Location: Arctic

Requires Preparation: No

Description: Contained within these peculiar pinecones is a gas that creates a remarkable endothermic reaction once it touches snow, causing it to freeze immediately and encase the pinecone in ice. In this self-imposed stasis, the pinecone is protected from all other elements and scavenging animals, then is ready to take root as soon as the spring thaw comes. If you find one of these pinecones that have failed to detonate, you can trigger it with a small amount of force, causing it to become a bomb with a freezing payload.

Effect: As an action, you may throw this pinecone up to 20 feet, causing it to explode upon impact. All creatures within 5 feet of impact must make a DC 15 Constitution saving throw, suffering 4d6 cold damage on a failure or half that on a success.

PLATINUM STAR

Location: Mountain

Requires Preparation: Yes

Description: A rather striking flower in the shape of a star, covered in tiny, reflective hairs that grant it the lustre of polished platinum. Found only on dangerous mountain ledges, this flower is revered as a symbol of prowess and honour, as only the most skilled climbers are capable of harvesting them successfully. That said, its inspirational properties extend beyond just the symbolic: the smoke from this herb also boosts endorphins and raises confidence in those that inhale it.

Effect: Once prepared, this herb may be used by up to 6 creatures simultaneously. All creatures that used this herb gain inspiration that lasts for the next 8 hours.

POLYPAD

Location: Coast

Requires Preparation: Yes

Description: These massive colonies of coral grow on top of floating platforms of seaweed, creating something that resembles a lilypad on the ocean covered in mineral growths. Most polypads have existed for hundreds, if not thousands of years, and it is believed by some that they were spawned on the border between the Elemental Planes of Earth and Water. Coastal tribes have been found to keep pieces of polypads, calling upon its energy to conjure elemental servants to protect them in times of emergencies.

Effect: After using this herb, you conjure a water elemental and an earth elemental in unoccupied spaces within 10 feet of you. The elementals disappear when they drop to 0 hit points or after 4 hours, whichever comes first. The elementals are friendly to you and your companions and act on their own initiative orders. They obey any verbal commands that you issue to them (no action required by you). If you don't issue any commands to an elemental, they defend themselves from hostile creatures but otherwise take no actions.

PREPYRUS

Location: Swamp

Requires Preparation: No

Description: A reedy plant long favoured by swamp-dwelling people for its papery stalks that make wonderful stationary. In fact, the plant itself contains magical properties that aid in concentration and have been used by mages in order to refresh their magical arsenals when under pressure.

Effect: During a short rest, you may write down a series of magical incantations on this herb to change your list of prepared spells. You still need to spend the same amount of time to prepare each spell as listed in your class feature, however. This herb may only be used once.

PURPLE WORM BULB

Location: Cave

Requires Preparation: Yes

Description: A bulbous mushroom that resembles a miniature version of a purple worm segment. The resemblance is far from a coincidence however, as the fungus is in fact linked to its namesake creature, as it only appears in tunnels and cave systems that they have burrowed through - growing inside the sizable droppings left by the gargantuan monsters. By absorbing even the tiniest fraction of the purple worm, this herb is able to impart some of the strength of the legendary creature to anyone that uses it.

Effect: After using this herb, your body undergoes a transformation and takes upon several aspects of a purple worm for the next 4 hours. During this time, you gain the following features:

- Purple scales grow over your body, raising your AC to 18 if it was lower than that already.
- Your fingers sprout claws that resemble that of a purple worm's spikes, granting you a burrow speed of 20 feet. You may also use these claws to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage of a normal unarmed strike.
- As an action, you may spit acid in a 10-foot cone in front of you. Any creature in this cone must make a DC 15 Dexterity saving throw, taking 4d6 acid damage on a failed save, or half that on a successful one. Once you have used this ability once, you may not use it again until you finish a short or long rest.
- You gain a tremorsense out to a range of 60 feet.

RAGEROOT

Location: Desert

Requires Preparation: No

Description: I never thought that anger could be expressed in vegetable form, but I stand corrected when I hold a rageroot. This distinctive, carrot-sized tuber is bright red and shaped into three branching prongs as if it is trying to stab the earth itself. Its taste is no less

fierce as it packs a strong acrid punch followed by a prolonged spiciness that invigorates the senses and energises the mind in a way similar to a powerful adrenaline rush.

Effect: As an action you may eat this root. If you do so, you become immune to the stunned, fear, and charmed conditions for the next 10 minutes as you become filled with a manic rage.

REPELLENT LEMONS

Location: Mountain

Requires Preparation: Yes

Description: Said to be one of the most sour fruits in existence, the mere smell of a repellent lemon is enough to send most animals running around due to how caustic it is to their sensitive noses.

Effect: For 4 hours after using this herb, creatures with the beast type with an Intelligence score less than 4 that can smell you instinctively avoid you and cannot willingly approach you unless they succeed on a DC 10 Wisdom saving throw at the start of their turn.

"I very much can't warn you enough to NOT eat these lemons; while they are not actually poisonous, they are incredibly sour. I once had a single lick of one to document it for my research and ended up with a face so puckered that my companions thought I had been bewitched by a hag's curse." - Hamund

RIMEMOSS

Location: Arctic

Requires Preparation: No

Description: A pure white variety of moss unique in that it only grows in frigid temperatures. Found in thick, white, fuzzy sheets on trunks and branches, the moss has a symbiotic relationship with the trees that it grows upon. In exchange for sapping some of the trees vitality and nutrients, the rimemoss provides crucial protection that can keep more fragile trees safe during the winter months. Arctic tribes have long harvested this moss for its insulation properties, even developing techniques to keep it thriving during the warmer seasons.

Effect: You may spend 10 minutes lining your clothes with rimemoss. If you do so, you automatically succeed on any Constitution saving throw to resist the negative effects of cold environments and weather.

RUMBLE COTTON

Location: Mountain

Requires Preparation: Yes

Description: A strain of cotton with surprisingly stiff yet supple fibres that allow the plant to resist the high winds and avalanche vibrations of its mountain home. While it is much scratchier than its field-grown counterpart, this cotton is much better at providing protection, as it can be stuffed into one's clothes in order to significantly dampen any heavy vibrations or sound based threats that may come your way.

Effect: You gain resistance to thunder damage for 4 hours after using this herb.

RUSH CHILI

Location: Mountain

Requires Preparation: Yes

Description: A curious, lightning bolt shaped chili that grows on spindly yellow stalks. Imbibing these chilis gives a creature a greater sense of mental acuity that improves reflexes. This fact, combined with its incredible rarity, has led to its appearance in a multitude of myths and local legends as a plant gifted to heroes by the gods to fulfil their epic quests. Unfortunately, although these chilis are cultivable, only the wild chilis possess the special reaction-enhancing property. The reason for this is yet unknown.

Effect: For 1 hour after using this herb, you can perform up to 2 reactions per round that you regain at the start of each of your turns.

RUSTFERN

Location: Cave

Requires Preparation: No

Description: A particularly pesky variety of fern, easily distinguished by the copper tone of its leaves. Instead of subsisting on photosynthesis like most plants do, the rustfern has adapted to its dark cave environment by secreting a special chemical that it releases along with its spores that breaks down and destroys metal deposits in the lining of rock walls. In its new home of metallic dust, the nascent fern absorbs nutrients and then grows to start the cycle anew. If the spores are collected properly, they can be reused later in order to sabotage and destroy the armour and weapons of your enemies.

Effect: This herb contains 1d4 charges. As an action, you use a charge to blow some of the dust of this herb onto a nonmagical, ferrous metal object within 5 feet of you. If the object isn't being worn or carried, it destroys a 1-foot cube of it. If the object is being worn or carried by a creature, the creature can make a DC 14 Dexterity saving throw to avoid the dust.

If the object touched is either metal armor or a metal shield being worn or carried, it takes a permanent and cumulative -1 penalty to the AC it offers. Armor reduced to an AC of 10 or a shield that drops to a +0 bonus is destroyed. If the object touched is a held metal weapon, it takes a permanent and cumulative -1 penalty to damage rolls. If its penalty drops to -5, the weapon is destroyed.

SAILOR'S OMEN

Location: Coast

Requires Preparation: Yes

Description: This algae takes the ominous form of small red clumps that resemble splotches of blood when they gather on the surface of the ocean. Due to this, they have entered one of the many tall tales told by sailors who believe that these "blood splotches" are omens of past seamen that died a violent death and will curse any voyage that comes near. Funnily enough, this legend actually has some merit as this algae actually does grow from blood spilled in the water, but it is usually from feeding shark frenzies rather than anything phantasmic. Incidentally, its bloody base works as a circulatory cleanser and can act as a prophylactic against poisons and other toxins.

Effect: For 8 hours after using this herb, you are immune to poison damage and the poisoned condition.

SANDRAIN FLOWER

Location: Desert

Requires Preparation: No

Description: A flower with burnished orange petals, whose beauty belies its rather sinister nature. In order to survive in the arid desert environment, the sandtrap flower is capable of absorbing all ambient moisture around it, usually decimating its immediate surroundings into a pit of dry, brittle sand. Worse is that the plant is even capable of sapping moisture from any creature that touches the tiny needles on its alluring petals, reducing the hapless victim to a shrivelled husk in a matter of moments.

Effect: This herb has 4 charges. As an action, you may wrap this herb's roots around one of your free hands. While you have a creature grappled with this free hand, you may use your bonus action and 1 charge to force that creature to make a DC 17 Constitution saving throw or be stunned as the herb rapidly dehydrates their body. Constructs, undead, and any creature that does not naturally have liquid in its body automatically succeed on this roll. A stunned creature may make the Constitution saving throw again at the end of each of its turns, ending the effect on itself on a success. Once all charges have been used on this herb, it bursts from gorging on liquid and becomes useless.



SANDTRAP PALM

Location: Desert

Requires Preparation: No

Description: A palm with fronds which secrete a silica-phobic film that repels sand in order to mitigate damage during sandstorms. This incredibly useful feature, combined with the plant's ubiquitous nature has resulted in its leaves being used for everything from housing, to clothing, to specialised equipment designed to ease traversal through the shifting desert sands.

Effect: You may spend 1 minute wrapping or unwrapping your hands and feet in this herb. While your hands and feet are wrapped in this herb, you suffer no penalty to your movement speed when moving through sandy terrain, and you have advantage on climbing surfaces covered in sand.

SCHOLAR'S BRUSH

Location: Coast

Requires Preparation: Yes

Description: A wonderfully thick and luscious variety of rosemary with an attractive, lavender coloured top-brush. The aroma of this herb has a simultaneously calming, yet focusing effect on those that smell it, and it has long been used as a study aid by magical students in order to cram more of their esoteric arts into their heads.

Effect: As part of preparing a list of spells during a long rest, you may crush this herb and rub the resulting oil onto your forehead. If you do so, you may prepare one extra spell than you would normally be allowed. This effect lasts until the next time you change your spell list. *"It's actually quite amusing to visit a beach around exam time to see several young, robed individuals with bags under their eyes, scrounging around under a sun they probably haven't seen in months in order to find a herb that they desperately hope will give them the intellectual edge they need. Honestly, they should just take a page out of my book and realise that being out in the world is the best way to learn!" -Hamund*

SEA SEEDS

Location: Coast

Requires Preparation: No

Description: A common plant resembling a cob of corn that floats on the surface of the water and is treasured by fisherman for its ability to attract fish.

Effect: This herb has 1d6 charges. As an action, you may expend one charge to scatter a number of seeds. If done into a body of water, these seeds cause all marine life in the same body of water with an Intelligence score of less than 4 and within 100 feet of them to swim to them in the most direct route possible. The fish do not attempt to eat these seeds, but are simply attracted to their location. Once they have been in the water for 1 minute, they dissolve and become useless.

SEA SOAP

Location: Coast

Requires Preparation: Yes

Description: This ubiquitous plant can be found in great clumps of small white flowers dotting a beachside. Adapted to windy, saline environments, the flowers secrete a waxy substance that it uses to protect itself from desiccating winds. Sailors and fishermen have long used these flowers and their wax as a means of protecting themselves from the elements by rubbing it all over their skin. In fact, the wax is so potent that it even provides a meaningful buffer should one ever come under assault by a wave of caustic acid.

Effect: You gain resistance to acid damage for 4 hours after using this herb.

"While at sea, I was once swallowed by a kraken, but thanks to sea soap I escaped only PARTIALLY digested. Couldn't say the same for the kraken though; I had a feast of its flesh afterwards in celebration." - Hamund

SENTRY BUSH

Location: Mountain

Requires Preparation: Yes

Description: A scraggly brush found only on high altitudes, its bitter twigs produce an incredibly potent stimulant that when brewed into a tea, can completely replace one's need to sleep. Due to its inaccessible location, but widely sought-after use, mountain clans are often found carrying them in their caravan to trade to people that need to stay awake for long periods of time.

Effect: After preparing this herb, you gain all the benefits of 8 hours of sleep (or the equivalent form of dormancy for your race). You still need to rest for at least 8 hours in order to benefit from a long rest.

SHARPEYE TWIG

Location: Forest

Requires Preparation: No

Description: The brambly *optica ferala* bush is known for its scraggly appearance, being covered in sticks and thorns from every conceivable angle. However, among this throng of vegetation is an incredibly useful twig identified by its reddish colouration and distinct lack of thorns. When chewed upon, this twig releases a plethora of vasodilators that results in a clarity of the senses and steadying of extremities. Due to this, sharpshooters have taken to chewing on this herb in order to stabilise their aim when attempting long range shots - the fact that it also makes them look significantly cooler while doing so is simply an added bonus.

Effect: You may use your bonus action to start chewing this herb. While chewing this herb, you ignore any disadvantage imposed when attempting to make a ranged weapon attack beyond your weapon's normal range. This herb may be chewed for up to one minute, which may be done all at once, or in several smaller segments, using a minimum of one round each time before stopping (no action required).

SHEPHERD'S SOAP

Location: Grasslands

Requires Preparation: Yes

Description: An abundant wild-growing weed with a dull, purple flower on its tip. Its main method of propagation is to exude an enticing fragrance that causes animals to approach and attempt to eat it, at which point its flower bursts a cloud of seeds across the fur of the animal, spreading them wherever they then go. Shepherds have long since learned to harvest this weed and rub it on themselves when they bathe to make their scent more calming to the animals they tend to.

Effect: After using this herb, you produce a pleasant smell for the next 4 hours that makes any animal around you trust you instinctively. During this time, you have advantage on Wisdom (Animal Handling) checks made to communicate with any animal within 30 feet of you that can hear and smell you.

SHIFTER'S JASMINE

Location: Mountain

Requires Preparation: Yes

Description: A jasmine flower with a pearlescent lustre that changes colour with the light. When burnt and inhaled as incense, this highly sought after but incredibly rare herb is able to completely change one's body based on the user's own mental image. These plants have a strong presence in the culture of changelings who believe that they were the result of an ancient civil war amongst their people, with the flowers growing wherever their blood was spilled.

Effect: While preparing this herb, you must mentally picture a humanoid form. This form does not need to share the same race, sex, dimensions, or age as your current one, but must be within the realistic bounds for a humanoid of that race (e.g. you cannot picture a 12 foot tall dwarf or an elf with four arms). After using the herb, your body permanently changes to match the form you pictured. Your stats do not change, and you keep all racial abilities you had originally.

SHUNFLOWER

Location: Grassland

Requires Preparation: No

Description: A curious flower that is said to have been created in fields in which the influence of the Shadowfell has been felt, corrupting the otherwise mundane sunflowers. Indeed, this herb can be considered the inverse of a sunflower: purple in colour instead of a bright yellow-orange, following the moon instead of the sun, and being covered in an aura that subconsciously causes creatures to avoid them. Indeed, this herb has been used in the past to mark the houses and clothes of outcasts and pariahs, warning passersby to not interact with them and avoid them at all costs.

Effect: A creature that has this herb on their person has disadvantage on Charisma ability checks.

SIGIL'S MARK

Location: Coast

Requires Preparation: No

Description: A type of gorse identified by the copper-brown flowers, shaped into a ring resembling the wards of the cosmic plane of Sigil. Found only on the edge of beaches in which the sand turns to soil, it is said that they were planted by the neutral judges of the cosmos as part of a demarcation of territory in a long forgotten judgement between sea and land. Regardless of its origin, this plant certainly embodies the neutrality of Sigil, as the oil within them contains a magical neutralising agent that seems to stabilise the random whims of fate, reducing all actions to simple, fair outcomes.

Effect: This herb contains 1d6 seeds. As an action, you may crush a seed and rub the resulting oil on yourself, or you may use a seed to make a ranged weapon attack against a creature you can see within 20 feet of you, destroying it and releasing the oil upon impact. Either way, a creature covered by this oil becomes insulated from the winds of fate for the next hour. During this time, whenever the covered creature would make a roll using a d20, they instead skip the roll and act as if they rolled a 10 instead.

SILLYPAD

Location: Swamp

Requires Preparation: No

Description: A magical type of lilypad that is indistinguishable from its mundane counterparts apart from a faint sound of whimsical music that seems to emanate from it at all times. It is undoubtedly the product of a trickster god, as its effects when applied to the skin can be described as nonsensical at best.

Effect: As an action you may rub this herb on your skin. If you do so, you undergo a random, harmless transformation determined by rolling on the table below. This effect lasts for 4 hours or until a *lesser restoration* spell or similar magic is cast on you, after which you revert back to your normal form.

SILLYPAD EFFECT TABLE

d6 Effect

- 1 Your nose becomes large, orb-like, and red.
- 2 You grow a large mass of curly, bright-green hair.
- 3 Your voice becomes high-pitched.
- 4 Whenever you are not attempting to move quietly, your feet create a squeaking sound whenever you take a step.
- 5 Your face turns a pale white colour.
- 6 You are filled with elation and tend to laugh at inappropriate moments.

SILVER ROOT

Location: Cave

Requires Preparation: Yes

Description: In areas suffused with magic, plantlife often mimics the properties of the elements around it, and digsites are no exceptions. Usually found in mines with traces of magic, silver root is exactly what it sounds like - a root made of silver (or partially at least).

Although the silver contained within is considered useless as a metal due to it resembling an organic plant, it is still valuable as a component in weapon oils and is favoured by anyone hunting shapeshifters or other magically protected creatures.

Effect: As part of preparing this herb you must apply it to a melee weapon or up to 10 pieces of ammunition. If you do so, for the next hour that weapon or ammunition is considered both magical and made of silver for the purposes of overcoming resistance and immunity to non-magical and non-silver weapon attacks.

SNAKESKIN ROOT

Location: Desert

Requires Preparation: No

Description: A root that resembles the shed skin of a desert viper found buried under the desert sands. While the taste is unpleasant, it has a rather terrifying, but ultimately harmless side effect of rapidly increasing the regeneration rate of one's skin. In practice, this causes the consumer to shed their own skin in tiny sand-like grains. While this certainly looks worrisome, the result is actually like a rejuvenating spa treatment that removes dead skin and in fact recently, nobles have taken to a trend of buying these roots in large amounts to add to their foppish beauty regimes.

Effect: As an action, you may eat this herb. For the next hour, your skin constantly flakes off, leaving a sand-like trail behind yourself, but you suffer no ill effects. At the end of this hour, your skin becomes extremely smooth as if you had exfoliated your entire body.

SOAP GRASS

Location: Grasslands

Requires Preparation: No

Description: Growing in patches of soil with a high alkaline content, soap grass is exactly what it sounds like: grass with the cleaning property of soap. It is easily identified among its mundane peers by its milky-white colouration, and frothy coating.

Effect: You may spend 10 minutes rubbing this herb on yourself. If you do so, you become clean of all dirt and muck.

SOLDIER'S DUTY

Location: Forest

Requires Preparation: No

Description: A type of eucalyptus that developed a resistance to devouring insects by loading its leaves with a chemical reminiscent of ammonia. Aside from being mildly toxic, the leaves also release a sharp stench that when crushed in sufficient quantities, assaults the nose and immediately floods anyone who smells it with adrenaline. The herb is so named, as handfuls of its leaves can be found in many soldier's kits, being used as a naturally occurring smelling salt to jolt them back into a state of readiness despite any grievous injury they may have already suffered.

Effect: As an action, you may crush this herb in front of the nose of a creature within 5 feet of you that is on 0 hit points, causing them to regain 1 hit point.

SOOPA MUSHROOM

Location: Cave

Requires Preparation: No

Description: A red and white mushroom with small black spots on its stem that are often mistaken for eyes. Named for its discoverer, Soopa Mah'reyo, this mushroom has the curious feature of possessing a magical gas that inflates one's body size upon consumption. Unfortunately, it does nothing to raise one's other physical attributes, and the gas will escape from one's body as soon as any sort of physical trauma occurs, returning the eater to their normal size. Still, it has been described as an overall novel experience, and is often enjoyed by children in playtime and pranks.

Effect: As an action, you may eat this herb, causing you to grow one size larger than you normally are; if there is not enough space to accommodate your new size, you revert back to your normal size and this herb is wasted. The effects of this herb lasts for 4 hours, or until you take damage, whichever comes first.

SORK ROOT

Location: Swamp

Requires Preparation: No

Description: A notably soft and soggy root that is found by looking for the slimy shoots it grows above the ground. Adapted to areas with extremely high levels of moisture, it produces enzymes that causes it to process water very quickly. A creature that chews on this root gains those enzymes, causing them to exude a similar, slippery mucus from their pores. Small animals have taken to chewing this root in order to escape predators.

Effect: As an action, you may place this root in your mouth and begin chewing on it. While chewing on this root, you exude a slippery mucus that makes you difficult to grab. Any Strength check made to grapple you is made at disadvantage, and you do not suffer any penalties when squeezing into tight spaces. This root may be chewed for up to 5 minutes, which you may do all at once, or over several sessions.

SPECTRUM ROSE

Location: Grassland

Requires Preparation: Yes

Description: An extraordinarily rare rose, coveted for both its beauty and its power. With a flower head that shines with every gradient of the visible light spectrum, it is easily identifiable among its more mundane relatives. When brewed into a tea and drunk, this herb strengthens every aspect of the imbiber, as if imparting the powerful cascade of the entire rainbow.

Unfortunately, this plant is impossible to cultivate and any attempts at growing it domestically merely results in a regular rose of a random colour. Why this occurs is unknown, but it does result in any discovery of a naturally occurring specimen to be particularly extraordinary.

Effect: For 4 hours after using this herb, you are proficient in all saving throws. If you were already proficient, you double your proficiency bonus for that saving throw instead.

"Some theories for why the spectrum rose exists include: growing along a leyline, blessed by a nature god, being planted by a fey noble, pollination by magical bees, and just several roses fusing together to create some sort of super rose (this one is my favourite)." - Hamund

SPEED APPLE

Location: Forest

Requires Preparation: Yes

Description: Despite their name and appearance, these electric-blue, fist-sized fruits are not actually related to apples. It contains a special chemical concoction that boosts the metabolic rate of animals that eat it and grants them a burst of speed and agility. The current theory from botanists is that this trait was developed to encourage its eaters to travel far and spread their seeds as widely as possible, especially since the fruit so rarely blooms. Many cultures once cultivated these precious fruits and handed them out to their greatest warriors to be used only in the most pivotal of battles.

Effect: For 4 hours after you apply this herb, your walk speed increases by 10 feet and you ignore the effects of difficult terrain.

SPORECASTER

Location: Cave

Requires Preparation: Yes

Description: A brown fungus easily identified by the many small pores that dot its conical shape. This mushroom's name is incredibly appropriate, as each of its pores are capable of launching large clouds of noxious spore clouds once agitated. This activity allows it to spread its spores onto nearby foraging creatures, using them to disseminate itself long distances in the absence of winds in its cavernous home. Some cave moles have actually been seen taking advantage of the fungus by attaching it to themselves, thereby launching

the toxic spores at any creature that would attempt to devour them.

Effect: As part of using this herb, you tuck segments of this herb into specific segments of your clothes and armour. Whenever you are successfully hit by a melee weapon attack, you release a burst of spores in a 5-foot radius around you. Any creature other than you in this burst must make a DC 15 Constitution saving throw, becoming poisoned for 1 minute on a failure. Once you have released 4 bursts of spores, the fungi segments in your clothes and armour becomes empty and this effect ends.

SQUIRTWORT

Requires Preparation: No

Location: Coast

Description: Squirtwort is a series of bud-like plants connected by a stringy stem. Although it grows beneath the sands of a beach, they can be found easily by looking for the telltale jets of water that they squirt a few inches above the surface whenever the tide washes over them. This herb is quite ubiquitous, and during low tide, it is mesmerising to see the coast erupt with miniature geysers, almost as if the beach itself is breathing. Incidentally, the internal mechanism they use to squirt the water out also mixes it with an oily discharge that has been harvested by coastal cultures as both a lubricant, and mild intoxicant.

Effect: This herb contains 1d8 buds. As an action, you may throw one of these buds at a point on the ground within 30 feet of you, bursting the bud upon contact. After bursting, a bud releases a fountain of slippery fluid that covers a 5-foot square area around it. Any creature that enters the covered area must succeed on a DC 12 Dexterity saving throw or fall prone.

STEELWOOD SAP

Location: Forest

Requires Preparation: Yes

Description: The mighty steelwood sequoia are some of the oldest trees in the world - and for good reason. Their bark is virtually impenetrable and as hard as the alloy of its namesake. It owes this property to its incredible sap which drips down across its trunk over the tree's lifetime, and hardens into an invincible, yet flexible, veneer. If you manage to find an open vein of fresh sap, be sure to collect some as the protective coating it provides can make you as strong and long-lived as this majestic tree.

Effect: For 4 hours after using this herb, you are covered in a protective coating of magical sap, granting you the following benefits: -You have a natural armour that grants you 18 AC if it was lower than that before. - You cannot take more than one quarter of your maximum hit points in damage in any single instance of damage; any damage taken above that amount is negated. -You have resistance to bludgeoning, piercing, and slashing damage from non-magical weapons.

STENCHBLOSSOM

Location: Grasslands

Requires Preparation: No

Description: They say a rose by any other name would smell as sweet - in the same vein, the stenchblossom would smell just as horrid. Described as a mix between fresh dung and rotting meat, this horrid variety of daisy relies on its stench to attract flies and other insects as a means of spreading its pollen. It is unknown what brave or foolhardy soul first discovered this, but consuming this herb, will cause you to emit the same kind of odour as the herb, thankfully only for a short time.

Effect: As an action, you may consume this herb, causing you to emit a debilitating odour for the next 10 minutes. During this time, any creature that ends its turn within 5 feet of you and that can smell, must make a DC 12 Constitution saving throw. On a failure, that creature makes all attacks at disadvantage, and attacks against them have advantage as they wretch. This effect ends if the creature moves more than 5 feet away from you, or loses their sense of smell.

STICKY FIG

Location: Desert

Requires Preparation: No

Description: A strain of fig identifiable by the way it glistens like a diamond in the desert sun, the shiny veneer of this fruit is actually a hardened, sticky mucus that it produces as a method to reduce water-loss. While it is edible, the fruit is quite unpleasant, due to its interior texture that can be best described as a spider-web covered in snot. Beyond that, the fruit also has an odd effect on creatures that imbibe it, causing them to excrete the same mucus from their lower extremities, giving them a surer grip in treacherous environments.

Effect: As an action, you may eat this herb. For the next hour, you produce a sticky mucus that adheres you to the surface you stand on, giving you advantage on any saving throw or ability check to avoid being moved against your will, as well as giving you a climb speed equal to your walk speed.

STONECAP MUSHROOM

Location: Cave

Requires Preparation: Yes

Description: These hardy grey mushrooms have the curious property of absorbing the minerals of the rocky terrain in which they grow. The result is an extremely tough shell on their cap that helps prevent them from being eaten by wandering animal foragers. However, with a proper boiling technique, these shells can be broken down and become edible, lending their durability to the imbiber (just don't plan on having a pleasant experience on the toilet the next day).

Effect: For 8 hours after you use this herb, any critical hits made against you are turned into normal hits and any extra effects that would be triggered by that critical hit are negated.

SUNGI

Location: Cave

Requires Preparation: Yes

Description: There are some green adventurers that tell tales of times when they discovered a cave filled with phosphorescent mushrooms and the ghostly beauty they inspire; such stories are nothing when compared to the dazzling radiance of the sungi. A subterranean mushroom that contains a magical light rivalling that of the sun, this incredibly bright fungus is almost like an oasis in the suffocating darkness of a deep cave. The luminescence of the sungi is so bright, that clusters of them are capable of creating miniature ecosystems by themselves, surrounded by insects that resemble those on the surface, rather than specimens normally found in subterranean systems.

Effect: This herb may be applied to one melee weapon or up to 10 pieces of ammunition. A weapon that has had this herb applied to it is considered magical and deals an additional 1d8 radiant damage upon its first successful hit in a turn. This effect lasts for one hour.

SYLVAN BANDAGE

Location: Forest

Requires Preparation: Yes

Description: An ubiquitous, blood-red moss that is found growing on the shaded sides of trees. The many survival adaptations developed by this moss also make it incredibly useful when applied as a healing poultice; its water retention methods act as an anticoagulant, its anti-parasitic coating acts as an antiseptic, and its sponginess is just generally useful when applied as a bandage (thus its common name).

Effect: When you use this herb during a short rest, you regain any number of hit die you spent to recover hit points during that rest.

TAILOR'S GAMBLE

Location: Forest

Requires Preparation: Yes

Description: While most berries of the chromatic oak are a dull black colour (and unbearably tart at that), when grown under optimal conditions, they may occasionally produce a single berry that shines in every colour of the rainbow. This berry is highly prized as its juice is a potent dye ingredient - capable of colouring an entire article of clothing despite being only the size of a grape. Unfortunately, it is impossible to determine exactly which colour this prismatic fruit will impart until after the dye has set into the fabric, but some people enjoy the random chance and consider it to be a minor spectacle.

Effect: As part of preparing this herb, you must soak an article of clothing, a creature's hair, or a length of fabric no larger than 3 square feet in area, into a solution of water and this herb. Once the herb has been applied, the soaked item is permanently dyed a certain colour randomly determined by the table below.

TAILOR'S GAMBLE COLOUR TABLE

d8	Colour
1	Red
2	Orange
3	Yellow
4	Green
5	Blue
6	Indigo
7	Violet
8	White

THAW BUD

Location: Arctic

Requires Preparation: No

Description: In their flower stage, these buds have large purple, star-shaped petals and are some of the first to bloom during the thawing months. This is in large part due to an adaptation during their budding stage, in which they secrete a saline solution that causes the snow around it to melt quickly, freeing the trapped bud to warmer sun and giving it the early energy push it needs to grow. However, for a variety of reasons, some clumps never end up flowering and remain in their bud form. While unfortunate to the flower, it is useful for foragers that need a way to cut through thick snow or ice in a hurry.

Effect: This herb contains 1d6 charges, corresponding to the number of buds picked. As an action, you may use a charge to crush one of these buds and rub the resulting secretion on a patch of ice or snow, causing it to melt. One charge can melt a patch with an area that is up to 5-foot square and 1 inch thick.

TITAN'S FIELD

Location: Cave

Requires Preparation: Yes

Description: Cave-dwelling cultures across the land all share a similar myth - that of a slumbering or deceased creature of unfathomable size, buried deep beneath the ground. As its blood rises to the surface, it waters patches of soil which in turn sprout a magical, glowing blue grass that contains a portion of the titan's power. What is even more amazing is that this myth is not far off from the truth. In fact, what these cultures thought was grass is actually a sprouting mycelium network, and the buried titan is a massive fungus that spreads underground across continental distances. By covering oneself in this mycelium, it is possible to connect oneself to this network and thus share in some of the power and knowledge of this ancient and omnipresent organism.

Effect: For 8 hours after using this herb, you are connected to the mycelium network, granting you the following abilities: -You have a tremorsense out to 60 feet. -You have advantage on Wisdom (Perception) and Insight (Wisdom) checks -You may use your action to teleport you and up to 6 willing creatures within 10 feet of you, to a cave location you have visited before. Once

you have used this ability once, you cannot use it again until you finish a short or long rest. -Whenever you take damage, you may use your reaction to reduce the damage taken by 1d12 by redirecting some of it into the mycelium network itself. Once you have used this ability 6 times, your connection to the mycelium network breaks, and the effect of this herb ends immediately.

TLINCALLI THORN

Location: Desert

Requires Preparation: Yes

Description: A particularly fierce looking cactus that grows in a hook shape resembling that of a tlincalli's scorpion-like stinger. In fact, it is this property that makes this herb curious to magi-botanists, as the tlincalli themselves are instinctively drawn to these plants and will prioritise laying their eggs among them whenever possible. Unfortunately, no scholar has managed to interview a tlincalli and discover what connection (if any) they have to this plant, but the current theory is that the two specimens shaped each other's development - with the tlincalli protecting the plant from harm, while in exchange, the strange venoms inherent in the needles of the plant are what give the young tlincalli the hard exoskeletons that protect them in their most vulnerable years.

Effect: For 4 hours after preparing this herb, you gain a +1 bonus to your AC as your skin becomes exceptionally hard and scale-like.

TOAD SKIN SHRUB

Location: Forest

Requires Preparation: No

Description: A type of oleander easily identified by its yellow petals dappled with dark spots that resemble the skin of a toad. Like other varieties of oleander, this herb is extremely toxic. In fact, this herb is so toxic, that consuming it will cause one's body to immediately attempt to shed the hazardous chemicals from their body through their skin, and thus becoming rather toxic themselves. Some animals actually take advantage of this by leveraging their natural resistances to poisons to imbibe this plant and thus gaining a protective coat of poison themselves.

Effect: As an action, you may eat this herb, forcing you to succeed on a DC 15 Constitution saving throw or become poisoned for one hour. Regardless of the outcome, you also secrete a toxic slime from your skin for the next hour that forces any creature that touches you or who hits you with a melee weapon attack to succeed on a DC 15 Constitution saving throw or become poisoned.

TOUCH GRASS

Location: Grasslands

Requires Preparation: No

Description: Occasionally, patches of ordinary grass can become imbued with a weak magical presence, usually as a result of ambient spells in the area, or the blood of a magical creature spilling upon it. Regardless of its origin, this phenomenon changes the grass, making it able to absorb and store magic for a brief amount of time. While useless for permanent storage like some magical rings would be, its tendency to release stored spells at the slightest provocation has been turned into an advantage by some mages, who mash the grass into a ball, cast a spell into it, and then lob it at their enemies as a way of extending otherwise range-limited spells.

Effect: When you cast a spell that has a range of touch, you may target this herb instead of the spell's usual targets. If you do so, this herb absorbs that spell to be unleashed upon the next valid target that it touches. As an action, you may throw this herb at a target within 20 feet of you, treating it as a ranged weapon attack. On a successful hit, this herb does no damage, but instead unleashes the spell it had stored inside of it on the target instead. This herb can only absorb one spell at a time and can only hold a spell for 10 minutes, after which the magic dissipates and the spell is wasted. Either way, once this herb has released a stored spell, it breaks apart and becomes useless.

TRACKER'S LEAF

Location: Grassland

Requires Preparation: No

Description: A fairly common leaf found on bushes throughout grasslands, it has a strong smell when crushed which is reminiscent of menthol mixed with formaldehyde. This potent combination causes the olfactory senses to temporarily enter overdrive, allowing the user to smell things that they would not otherwise.

Effect: As an action, you may crush this leaf and smell it. If you do so, your sense of smell improves drastically for the next 10 minutes, granting you advantage on any Wisdom (Perception) checks made that rely on smell.

"There is a unique torture method that I once had the misfortune of experiencing which involves the forced use of tracker's leaf and then locking the poor individual in a small space with a foul smelling substance such as rotting meat. In my case, I was kept with a bag of my own clothes, which I had not had a chance to wash during a several month-long journey (for a more detailed depiction, read Hamund's Harrows XIII)." - Hamund

TREANT SEED

Location: Forest

Requires Preparation: Yes

Description: As protectors of nature and the natural cycle, the tree guardians known as 'treants' are well aware of the necessity of their own eventual deaths. While most take the end of their service with calm acceptance, on occasion, they will leave behind a single glowing seed upon their demise. Usually this occurs when a treant feels its domain is under threat and there are no other trees close to awakening to take up its vigil. Indeed, this seed contains a concentration of all of the treant's will and power, granting its strength to whomever may take it, in the hopes that they use it to serve the forest it failed to protect.

Effect: When you use this herb, you transform into a treant (as outlined in the Monster Manual), with all your equipment melding into your new form and unavailable to use until this effect ends. If you do not have room to grow into your new form, the transformation reverts immediately and the herb is wasted. While a treant, you retain your alignment, proficiencies, knowledge, spellcasting, and class abilities, but replace all other features with that of the treant, including hit points. You return to your normal form after 4 hours, or if you drop to 0 hit points, at which point you revert immediately, with any excess damage carrying over to your normal form.

TROLL'S SNOT

Location: Swamp

Requires Preparation: Yes

Description: These hanging, pale-green vines grow in a long, interconnected formation that resembles the infamous bogeys expelled from a troll's nostrils when it sneezes. The sticky nature of the plant allows it to capture insects like a spider's web. When birds inevitably feed on these insects, they also inadvertently consume the vine's seed pods, causing them to spread them far and wide. This remarkable trait has caused the troll's snot to be found all across the land (as disgusting as that sentence may be). When these seeds are pressed into an oil and rubbed on one's hands, they exude a similar sticky substance to the plant, which some cultures have used to accomplish a variety of feats.

Effect: For 8 hours after using this herb, your hands exude a sticky substance that grants you advantage on Strength (Athletics) checks made to climb or grapple something, and you cannot be disarmed of an object in your hand involuntarily.

TWICE-BLESSED CLOVER

Location: Grassland

Requires Preparation: No

Description: An auspicious variety of clover, identifiable by its seven leaves and faint glow. It is extremely rare due to the highly-specific circumstances of its creation - the clover is actually created when a capricious noble of the Feywild makes a connection with a lawful-good celestial or deity. This unlikely pairing causes a clover in the Multiverse to spontaneously transform into one that is now said to be "twice-blessed."

Effect: As a bonus action, you may crush this clover in your hand. If you do so, any attack rolls, ability checks, and saving throws you make until the start of your next turn are made with advantage. When used once, this herb becomes useless.

UMBRA TONGUE

Location: Cave

Requires Preparation: Yes

Description: For obvious reasons, it is extraordinarily difficult to find plants in the dark depths of caves. However, there is one plant that not only manages to survive in an environment devoid of sunlight, it actually manages to thrive down there. The umbra tongue is a variety of liverwort identifiable by its clumps of black leaves that litter the ground. Whereas most plants require sunlight for photosynthesis, this herb actually does the opposite and consumes the darkness itself, creating an eerie purple glow on its leaf edges as a side effect. Cave dwellers have long discovered the medicinal use of this plant, as it can be easily applied to the skin like a patch, whereupon it takes root and transfers the energy it pulls from the shadows into vitality for the creature that wears it.

Effect: For 8 hours after using this herb, you gain 6 temporary hit points whenever you start your turn in darkness.

VAMPIRE'S FANG

Location: Mountain

Requires Preparation: No

Description: A pernicious and spiky herb found buried into cliffsides and unassuming hiking spots. In order to compensate for poor soil quality, this herb uses its hollow thorns as needles that drain the blood of any hapless creatures that stumble upon them.

Effect: This herb has 1d8 charges. As an action, you may wrap the roots of this herb around your arm while leaving its spiky flower held in a free hand. So long as this herb is wrapped around your arm, whenever a creature that has blood in its body dies within 5 feet of you, you may expend a charge in order to use your reaction to drain that creature's blood, granting you temporary hit points equal to their challenge rating (minimum of 1).

VOLO TREE

Location: Desert

Requires Preparation: No

Description: Despite the name and appearance, this plant is not actually a tree, but is actually an extremely large and leafy variety of cactus. Rather than solid wood like a real tree, the trunk is actually formed from thousands of thin needles that weave together into a sturdy structure and allow it to disperse heat in the harsh desert sun. Clothes, hats, and roof thatching made from these hardy plants are extremely common and useful when in the desert (even though they are admittedly a little scratchy).

Effect: You may spend 10 minutes weaving the fibres of this plant into protective clothing for you to wear. While wearing it, you have advantage on any Constitution saving throws made to resist the adverse effects of hot weather.

"I would like to state emphatically for the record that it was I, not Volo, who was the first to discover this plant (nor did I misidentify it as a tree). I actually came across this tree several months before he did, but alas, on my return trip to the herbologist society to record my discovery, I was waylaid by a lost princess that required my aid in returning to her kingdom. While I did manage to rescue the desperate royal, I found to my dismay that Volo had beaten me back home and taken all of my credit - something that I keep as one of the few regrets of my career (for more information on the story of the lost princess, pick up a copy of 'Hamund's Harrowing Histories, vol XIV')." -Hamund

WHISPER PUFF

Location: Grassland

Requires Preparation: No

Description: From a distance, the fluffy, white heads of the whisper puff may make them seem like cotton. However, upon closer inspection, one can find a faint glow of magic radiating from each fibre, giving it the appearance of a small halo. The magic inherent in the whisper puff gives it a strange property that allows it to channel the flow of magic, but only when in close proximity to the source. Functionally, this has led to mages to stuff wads of this plant's fibres into their mouths in order to cast verbal-based spells without having to actually speak in anything but an inaudible whisper, an ability perfectly suited for secret sorcery. Incidentally, this usage is the origin of the term "fluff-tongue" to describe a mage that has been deemed untrustworthy.

Effect: This herb has 1d8 charges. As a bonus action, you may use a charge to stuff one of the bulbs of this herb in your mouth. If you do so, you make no audible noise the next time you cast a spell that has a verbal component.

WINTERLIGHT BLOOM

Location: Arctic

Requires Preparation: Yes

Description: Adventurers say that while deserts have oases, snowfields have winterlight bloom. This majestic plant features a powder blue flower that resembles a lotus. Each petal is thick and contains a salt compound that when added to water (such as snow), causes a chemical reaction that creates a very pleasant and long lasting source of heat. This adaptation allows the winterlight bloom to both process saltier environments and to also clear away snow from its surroundings so that its seeds can reach the soil when they drop.

Effect: You gain resistance to cold damage for 4 hours after using this herb.

WIZARD'S FRIEND

Location: Grassland

Requires Preparation: No

Description: A delightfully eye-catching tulip with a violet hue, this flower can be crushed into a beautiful, memorable ink. Because of its high quality, many wizards enjoy inscribing their spellbooks with this ink and it is common in many cultures to gift a bouquet of these flowers to young mages upon the completion of their studies.

Effect: Over the course of an hour, this herb may be crushed and mixed in order to create a deep purple ink that can be used to inscribe spells into a wizard's spellbook. When used in this way, the ink replaces the gold piece requirements of the inscription. One herb is capable of creating enough ink to replace up to 100 gold pieces worth of spell inscription components.

YELL PEPPER

Location: Desert

Requires Preparation: No

Description: While many chilis can cause a shortness of breath, the yell pepper actually has the opposite effect: increasing lung capacity and aiding breath control. As many have found (most likely including whoever named this herb), this results in the rather droll ability to dramatically increase the volume of one's voice. That said, the next sounds the eater is most likely to make are pained screams, since this herb is also known for being incredibly spicy.

Effect: You may eat this herb as an action. For the next hour, the maximum volume of your voice increases, causing you to be able to shout as loud as a thunderclap. *"I have personally written countless letters to the Royal Botanist Society in a desperate campaign to change the official name of this herb to 'Decibell Peppers.' Unfortunately, they have not only rejected each of my proposals, they have also blacklisted any future letters from processing through their mail department (For more information on this event, as well as other quarrels, pick up 'Hamund's Harassed Harangues, vol. IV')"* - Hamund

YETI BRUSH

Location: Arctic

Requires Preparation: No

Description: Tufted white grass, yeti brush is incredibly easy to miss among the sheets of snow through which it grows. Indeed, the very fact that yeti brush can manage to break through layers of ice and sleet to reach the sun is owed to a ridge-like adaptation on its stalks to slide through snow like a blade through flesh. Arctic communities have long since learned to wrap their shoes and gloves in this grass to aid their travels through deep snow.

Effect: You may spend 1 minute wrapping your hands and feet in this grass. If you do so, you suffer no penalty to your movement speed when moving through snowy or icy terrain, and you have advantage on climbing surfaces covered in ice or snow.



CHAPTER 4: MISCELLANEOUS



ERBALISM IS NOT SIMPLY WANDERING AROUND AND picking pretty flowers! Herbalism is a holistic trade with many facets that people can spend lifetimes to master. I present some of these extra facets to you, so you too may devote yourself to them and perhaps one day rival even my own knowledge (I highly doubt it).” -Hamund

TINCTURES

While herbs are certainly valuable in the powers they impart, a major hindrance to their usability is the lengthy preparations that some of them require. In these situations, it may be wise to brew that herb into a tincture. A tincture is the essence of an herb, distilled through various processes and designed to apply all the effects of a herb in a much faster timeframe.

USING A TINCTURE

Using a tincture takes an action and results in all the effects specified in the herb’s description.

Like herbs, a character may only benefit from the effects of one tincture or herb at a time. Using a new tincture while still under the effects of another tincture or herb, causes the first’s effect to end immediately.

CREATING A TINCTURE

Creating a tincture is no easy feat, and requires intricate knowledge alchemy to perform successfully. In order to create a tincture, a character must possess proficiency in and have access to alchemy supplies. In addition, that character must expend an amount of money equal to double the base cost of the herb to buy ingredients and other materials. Creating a tincture requires one work week of labour to produce.

At the end of the process, the herb is destroyed and the character creates a tincture with the name ‘tincture of [consumed herb].’

FEATS

TINCTURE MASTER

You have attained a mastery of distilling herbs into tinctures, halving the time and cost it takes for you to create one.

NATURE’S BOUNTY

Your attunement to nature causes you to find more herbs wherever you go, almost as if nature itself is attempting to aid you. Whenever you gather a herb, roll a d20. On a 20, you gain an extra copy of the herb you just gathered.

SPELLS

SPELL LIST

CORNUCOPIA

- Bard
- Cleric
- Druid

HAMUND’S HERBAL HYPODERMIC

- Artificer
- Druid
- Ranger
- Sorcerer
- Warlock
- Wizard

HERBAL INFUSION

- Druid
- Ranger
- Sorcerer
- Wizard

CORNUCOPIA

5th-level transmutation (ritual)

Casting Time: 10 minutes

Range: Self

Components: V, S, M (a small pouch of loamy soil)

Duration: 1 hour When you cast this spell, you declare up to 4 willing creatures you can see within 30 feet to share a magical bond with you. For the duration of the spell, whenever you use a herb on yourself, that herb’s effects are duplicated among all creatures that share a magical bond with you, so long as they are on the same plane of existence.

HAMUND’S HERBAL HYPODERMIC

2nd-level transmutation

Casting Time: 1 bonus action

Range: Self

Components: V, S

Duration: 10 minutes When you cast this spell, you grow a hollow needle from your arm for the duration that can be used as a natural finesse weapon to make unarmed strikes that deal 1d4 + Dexterity modifier in damage.

Strikes with this needle can also be used to quickly deliver a poison or herb that would normally take much longer to apply to a weapon. As a bonus action, you may use the needle to absorb a poison or herb that would normally be used to coat a weapon. If you do so, this needle acts as if it is coated in that poison or herb, with all the benefits that would entail.

HERBAL INFUSION

3rd-level transmutation

Casting Time: 1 action

Range: Self

Components: S, M (one herb that the spell consumes)

Duration: Varies You magically extract and absorb the essence of a herb in your hand, allowing you to instantly use the herb regardless of how long it would normally take to use it. This spell can only be used on herbs that affect your own body.

NEW BACKGROUND: HERBALIST

From even before the discovery of farming, society has relied on the gifts that nature grows from its soil and the herbalists that gather and harness those gifts.

Herbalists are naturally close to nature, venturing out into the wilds to gather plants that can heal the sick, lend vigour to the weak, and even create magical effects that would make the most powerful of mages jealous.

Skill Proficiencies: Nature, Survival

Tool Proficiencies: Herbalism Kit

Languages: One of your choice

Equipment: A set of traveller's clothes, a herbalism kit, a piece of jewellery containing a dried flower, and a belt pouch containing 10 gp.

FEATURE:RIPE PICKINGS

As an experienced herbalist, you know the best spots to find ripe plants, and the best techniques to gather them without wasting any of the precious resources inside. Whenever you gather a herb that has charges, that herb always starts with the maximum number of charges possible.

SUGGESTED CHARACTERISTICS

Since their livelihood relies on a flourishing wild, herbalists tend to have a reverence for nature and hold a respect for the natural cycle of life. While most do live among others as healers or alchemists, they spend the majority of their time outdoors and alone, which can often lead to some eccentric traits.

d6 Personality Trait

- 1 I will collect every pretty flower I see - and I think every flower is pretty.
- 2 I revere plants as both friends and benefactors, and I always give them the respect they deserve.
- 3 I always have a nice flower or scented pouch of leaves in my possession to give to those I like.
- 4 If no one stops me, I will talk for hours about plant facts and my favourite herbs.
- 5 I adorn everything I own with flowers and other plantlife.
- 6 I am fascinated with the deadly nature of some plants and I look forward to seeing how I can put them to use.

d6 Ideal

- 1 **Naturalism.** I believe that there is nothing that the gifts of nature cannot solve, and that civilisation only tends to get in its way. (Any)
- 2 **Sustainability.** Plantlife must be controlled and maintained by sentient creatures so that their uses may continue to serve us. (Lawful)
- 3 **Wrath.** Plants are actually some of the deadliest organisms in the world, their only issue is that they can't move. That's where I come in. (Evil)
- 4 **Discovery.** I am travelling the world to document and research the plants I find, and hopefully discover a new one myself. (Neutral)
- 5 **Conservation.** I have joined the war on nature, on the side of nature. Anyone that would try to harm the plants must go through me first. (Chaotic)
- 6 **Healing** There is no need for the common people to suffer from illness so long as nature provides cures and I am there to find them. (Good)

d6 Bond

- 1 I am a student of science and I want field research in gathering and applying herbs in real-life situations.
- 2 I seek a plant that can cure an illness that has plagued my home village for generations.
- 3 In order to prove my honour and bravery, I am searching for a legendary plant to bring back and present to the elders of my hometown.
- 4 My goal is to make enough money to retire to my own plot of land, where I will spend my time growing the exotic herbs I found on my journey.
- 5 I will sow the seeds of my favourite flower wherever I go and ensure the world blooms with its beauty.
- 6 As an infant, my life was saved when a wandering herbalist used medicinal plants to break my fever. I vow to bring the same natural healing to everyone in the same way.

d6 Flaw

- 1 I am regularly covered in dirt and fertiliser that many find off putting.
- 2 I value plantlife over animal life and I will gladly sacrifice the latter to save the former.
- 3 I consider all plants to be sentient beings and I have to ask them permission before I do anything that would damage them.
- 4 Secretly, I have little regard to the sustainability of gathering too many herbs - all I care is what use they have to serve me.
- 5 I can become very distracted if I see a herb that I want, and I will drop everything else to go get it.
- 6 I refuse to believe that there is a problem that can't be solved by the right plant - even if it's really obvious this isn't a situation that calls for them.

HAMUND'S HELPERS

"If you've reached this far in my book, no doubt you've become quite the herbalism master! But do not think you are the only one who has studied this art; in my travels I have met many that have studied the plants and flora of these worlds, and found those whose talents astound even I! You may even find these restless souls during your own travels. If you do, make sure to mention my name - they may give you a discount on some of their services." - Hamund

The following are some NPCs that a DM can easily slot into any campaign or setting. Feel free to use these NPCs as convenient ways for the party to provide herbalism related services whenever they are needed.

HERBAL VENDOR

Name: Harry Holderhek

Race: Halfling-Dwarf

Hamund's Notes: The Holderhek clan is large and expansive - even growing to include many couplings between dwarves and other races. Harry is one such product of these unions, half a halfling, and half a dwarf (specifically, my second cousin Harchibold Holderhek). Having grown in the forests of his mother's people, Harry has long been familiar with plantlife, taking to the druidic arts and becoming one of the foremost experts on herbs. In fact, his knowledge on the subject was instrumental in the writing of this book.

Harry spends most of his time these days wandering the planes, looking for more rare plants to catalogue and research. He funds his travels by selling some of the more powerful herbs he finds along the way. In fact, his spice pouch of holding seems to have a never-ending supply of useful plants for any occasion, and his upstanding Holderhek morals means he always parts with them for a reasonable price.



TINCTURE BREWER

Name: Mona

Race: Human (?)

Hamund's Notes: Mona is an odd individual to be sure, but I do ask you give them a fair chance when you meet them, as they are the finest brewer of tinctures I have met in my travels. Through a technique that they refuse to share with me, they are capable of brewing a herb into a tincture in a single day, allowing them to work through vast amounts of herbs at an unheard of speed. You do need to supply all related materials and costs for a regular tincture, plus a premium charge of an extra 20% on top of that, but I would say the fee is well worth the time and convenience they can save you.

Also, despite their pallid skin, stiff movements, and raspy voice, they will assure you that they are most definitely alive and NOT a sentient zombie. I highly advise you not to contest them on this point, lest you risk finding their spit mixed in with your tincture order.



APPENDIX: HERB TABLES

COMMON HERB TABLES

COMMON ARCTIC HERBS

d6	Herb
1	Nofall Leaves
2	Ice Vine
3	Cold Brush
4	Ice Mint
5	Thaw Bud
6	Jingle Berries

COMMON CAVE HERBS

d6	Herb
1	Basilisk's Appetiser
2	Soopa Mushroom
3	Glowmoss
4	Compass Rose
5	Mender's Mold
6	Gargoyle's Lichen

COMMON COAST HERBS

d6	Herb
1	Mariner's Friend
2	Sea Seeds
3	Liftwood
4	Pearvoyance
5	Parrot Poppy
6	Breeze Nuts

COMMON DESERT HERBS

d6	Herb
1	Mirage Melon
2	Nomad's Treasure
3	Fumbleweed
4	Yell Pepper
5	Mortician's Cactus
6	Snakeskin Root

COMMON FOREST HERBS

d6	Herb
1	Candle Rose
2	Cracker Nut
3	Tailor's Gamble
4	Deadwood
5	Fabric Leaf
6	Knock Wood

COMMON GRASSLAND HERBS

d6	Herb
1	Shunflower
2	Musical Fruit
3	Soap Grass
4	Bird Seed
5	Courter's Perfume
6	Shepherd's Soap

COMMON MOUNTAIN HERBS

d6	Herb
1	Fiend's Chili
2	Killer Tomato
3	Dwarf's Bane
4	Repellent Lemon
5	Sentry Bush
6	Aloyleaf

COMMON SWAMP HERBS

d6	Herb
1	Odour Begonia
2	Hunter's Mud
3	Sillypad
4	Fanana
5	Chef's Trick
6	Troll's Snot

RARE HERB TABLES

RARE ARCTIC HERBS

2d8	Herb
2	Icestone Trunk
3	Magic Mistletoe
4	Icicle Moss
5	Golden Pine
6	Glacier Branch
7	Auril's Hair
8	Blubber Bulb
9	Yeti Brush
10	Rimemoss
11	Ashfree Birch
12	Frozen Fuel
13	Crystal Fruit
14	Winterlight Bloom
15	Pinecone of Cold
16	Everfrost Root

RARE CAVE HERBS

2d8	Herb
2	Titan's Field
3	Hamund's Hair
4	Sungi
5	Creeper's Folly
6	Lolth's Thorn
7	Silver Root
8	Brighteye Carrots
9	Flumph Fungi
10	Buried Moonlight
11	Sporecaster
12	Umbra Tongue
13	Rustfern
14	Gloom's Cloak
15	Stonecap Mushrooms
16	Purple Worm Bulb

RARE COAST HERBS

2d8	Herb
2	Sigil's Mark
3	Aboleth Stalk
4	Jellyfish Vine
5	Scholar's Brush
6	Kraken Kelp
7	Glide Weed
8	Merrow Trap
9	Squirtwort
10	Fin Moss
11	Drowner's Reach
12	Bubblemelon
13	Marid's Tail
14	Sea Soap
15	Sailor's Omen
16	Barrier Coral

RARE DESERT HERBS

2d8	Herb
2	Firemelon
3	Fireplume Fennel
4	Fire Flower
5	Sticky Fig
6	Tlincalli Thorn
7	Needlecloud Cactus
8	Hopping Bean
9	Sandtrap Palm
10	Volo Tree
11	Cleric's Cane
12	Rageroot
13	Interrogator's Baton
14	Embergrass
15	Fool's Charm
16	Sandrain Flower

RARE FOREST HERBS

2d8	Herb
2	Treant Seed
3	Keepsake Daisy
4	Golden Truffle
5	Sharpeye Twig
6	Dryad's Secret
7	Soldier's Duty
8	Elven Leaf
9	Sylvan Bandage
10	Nightflame Seed
11	Toad Skin Shrub
12	Speed Apple
13	Mordenkainen's Mint
14	Peacekeeper's Lily
15	Fey's Fear
16	Steelwood Sap

RARE GRASSLAND HERBS

2d8	Herb
2	Spectrum Rose
3	Blighted Pollen
4	Crackle Bark
5	Wizard's Friend
6	Heartstopper Weed
7	Numbing Bush
8	Boom Maize
9	Bramble Rice
10	Tracker's Leaf
11	Stenchblossom
12	Whisper Puff
13	Touch Grass
14	Grounder Seed
15	Twice-Blessed Clover
16	Peony of Power

RARE MOUNTAIN HERBS

2d8	Herb
2	Heaven's Chance
3	Rush Chilis
4	Echo Wood
5	Platinum Star
6	Basilisk Tongues
7	Vampire's Fang
8	Mountain Heart Ginseng
9	Giant's Silk
10	Fiendsgate Wisteria
11	Everwort Root
12	Ironleaf Thicket
13	Oracle's Leaf
14	Rumble Cotton
15	Ki-Rin's Bounty
16	Shifter's Jasmine

RARE SWAMP HERBS

2d8	Herb
2	Mud Bane
3	Lotus of the Raven Queen
4	Corpse Hands
5	Maiden Moss
6	Lucidity Lavender
7	Banshee Vine
8	Fairybed Reed
9	Sork Root
10	Hag's Hair
11	Lich Lichen
12	Gluebell
13	Prepyrus
14	Grave Root
15	Ghost Leaf
16	Nature's Curse

ALL HERBS A-Z TABLE

Herb	Environment	Value	Requires Preparation
Aboleth Stalk	Coast	500 gp	Y
Aloyleaf	Mountain	1 gp	N
Ashfree Birch	Arctic	20 gp	N
Auril's Hair	Arctic	20 gp	N
Banshee Vine	Swamp	20 gp	N
Barrier Coral	Coast	1,000 gp	N
Basilisk Tongues	Mountain	50 gp	Y
Basilisk's Appetiser	Cave	1 gp	Y
Bird Seed	Grassland	1 gp	N
Blighted Pollen	Grassland	500 gp	N
Blubber Bulb	Arctic	10 gp	Y
Boom Maize	Grassland	10 gp	N
Bramble Rice	Grassland	5 gp	N
Breeze Nuts	Coast	1 gp	N
Brighteye Carrots	Cave	10 gp	Y
Bubblemelon	Coast	50 gp	N
Buried Moonlight	Cave	10 gp	Y
Candle Rose	Forest	1 gp	N
Chef's Trick	Swamp	1 gp	N
Cleric's Cane	Desert	20 gp	Y
Cold Brush	Arctic	1 gp	Y
Compass Rose	Cave	1 gp	N
Corpse Hands	Swamp	200 gp	Y
Courter's Perfume	Grassland	1 gp	Y
Cracker Nut	Forest	1 gp	N
Crackle Bark	Grassland	200 gp	Y
Creeper's Folly	Cave	100 gp	Y
Crystal Fruit	Arctic	100 gp	N
Deadwood	Forest	1 gp	Y
Drowner's Reach	Coast	20 gp	N
Dryad's Secret	Forest	50 gp	Y
Dwarf's Bane	Mountain	1 gp	N
Echo Wood	Mountain	200 gp	Y
Elven Leaf	Forest	10 gp	Y
Embergrass	Desert	200 gp	Y
Everfrost Root	Arctic	1,000 gp	N
Everwort Root	Mountain	20 gp	N
Fabric Leaf	Forest	1 gp	N
Fairybed Reed	Swamp	10 gp	N
Fanana	Swamp	1 gp	N
Fey's Fear	Forest	500 gp	N
Fiend's Chili	Mountain	1 gp	Y
Fiendsgate Wisteria	Mountain	10 gp	N
Fin Moss	Coast	10 gp	N
Fire Flower	Desert	200 gp	Y
Firemelon	Desert	1,000 gp	N
Fireplume Fennel	Desert	500 gp	N
Flumph Fungi	Cave	5 gp	Y
Fool's Charm	Desert	500 gp	N
Frozen Fuel	Arctic	50 gp	N
Fumbleweed	Desert	1 gp	Y
Gargoyle's Lichen	Cave	1 gp	Y
Ghost Leaf	Swamp	500 gp	Y
Giant's Silk	Mountain	5 gp	N
Glacier Branch	Arctic	50 gp	N
Glide Weed	Coast	20 gp	Y

ALL HERBS A-Z TABLE

Herb	Environment	Value	Requires Preparation
Gloom's Cloak	Cave	200 gp	Y
Glowmoss	Cave	1 gp	N
Gluebell	Swamp	50 gp	N
Golden Pine	Arctic	100 gp	N
Golden Truffle	Forest	200 gp	Y
Grave Root	Swamp	200 gp	Y
Grounder Seed	Grassland	200 gp	Y
Hag's Hair	Swamp	10 gp	Y
Hamund's Hair	Cave	500 gp	N
Heartstopper Weed	Grassland	50 gp	Y
Heaven's Chance	Mountain	1,000 gp	Y
Hopping Bean	Desert	10 gp	N
Hunter's Mud	Swamp	1 gp	Y
Ice Mint	Arctic	1 gp	Y
Ice Vine	Arctic	1 gp	N
Icestone Trunk	Arctic	1,000 gp	Y
Icicle Moss	Arctic	200 gp	Y
Interrogator's Baton	Desert	100 gp	N
Ironleaf Thicket	Mountain	50 gp	Y
Jellyfish Vine	Coast	200 gp	Y
Jingle Berries	Arctic	1 gp	N
Keepsake Daisy	Forest	500 gp	N
Ki-Rin's Bounty	Mountain	500 gp	Y
Killer Tomato	Mountain	1 gp	N
Knock Wood	Forest	1 gp	N
Kraken Kelp	Coast	50 gp	Y
Lich Lichen	Swamp	20 gp	Y
Liftwood	Coast	1 gp	N
Lolth's Thorn	Cave	50 gp	N
Lotus of the Raven Queen	Swamp	500 gp	Y
Lucidity Lavender	Swamp	50 gp	Y
Magic Mistletoe	Arctic	500 gp	Y
Maiden Moss	Swamp	100 gp	Y
Marid's Tail	Coast	100 gp	N
Mariner's Friend	Coast	1 gp	Y
Mender's Mold	Cave	1 gp	N
Marrow Trap	Coast	10 gp	N
Mirage Melon	Desert	1 gp	N
Mordenkainen's Mint	Forest	100 gp	N
Mortician's Cactus	Desert	1 gp	Y
Mountain Heart Ginseng	Mountain	10 gp	Y
Mud Bane	Swamp	1,000 gp	Y
Musical Fruit	Grassland	1 gp	N
Nature's Curse	Swamp	1,000 gp	Y
Needlecloud Cactus	Desert	20 gp	Y
Nightflame Seed	Forest	10 gp	N
Nofall Leaves	Arctic	1 gp	Y
Nomad's Treasure	Desert	1 gp	N
Numbing Bush	Grassland	20 gp	N
Odour Begonia	Swamp	1 gp	N
Oracle's Leaf	Mountain	100 gp	Y
Parrot Poppy	Coast	1 gp	N
Peacekeeper's Lily	Forest	200 gp	Y
Pearvoyance	Coast	1 gp	Y
Peony of Power	Grassland	1,000 gp	N
Pinecone of Cold	Arctic	500 gp	N

ALL HERBS A-Z TABLE

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Herb	Environment	Value	Requires Preparation
Platinum Star	Mountain	100 gp	Y
Polypad	Coast	100 gp	Y
Prepyrus	Swamp	100 gp	N
Purple Worm Bulb	Cave	1,000 gp	Y
Rageroot	Desert	50 gp	N
Repellent Lemon	Mountain	1 gp	Y
Rimemoss	Arctic	10 gp	N
Rumble Cotton	Mountain	200 gp	Y
Rush Chilis	Mountain	500 gp	Y
Rustfern	Cave	100 gp	N
Sailor's Omen	Coast	500 gp	Y
Sandrain Flower	Desert	1,000 gp	N
Sandtrap Palm	Desert	5 gp	N
Scholar's Brush	Coast	100 gp	Y
Sea Seeds	Coast	1 gp	N
Sea Soap	Coast	200 gp	Y
Sentry Bush	Mountain	1 gp	Y
Sharpeye Twig	Forest	100 gp	N
Shepherd's Soap	Grassland	1 gp	Y
Shifter's Jasmine	Mountain	1,000 gp	Y
Shunflower	Grassland	1 gp	N
Sigil's Mark	Coast	1,000 gp	N
Sillypad	Swamp	1 gp	N
Silver Root	Cave	20 gp	Y
Snakeskin Root	Desert	1 gp	N
Soap Grass	Grassland	1 gp	N
Soldier's Duty	Forest	20 gp	N
Soopa Mushroom	Cave	1 gp	N
Sork Root	Swamp	5 gp	N
Spectrum Rose	Grassland	1,000 gp	Y
Speed Apple	Forest	50 gp	Y
Sporecaster	Cave	20 gp	Y
Squirtwort	Coast	5 gp	N
Steelwood Sap	Forest	1,000 gp	Y
Stenchblossom	Grassland	20 gp	N
Sticky Fig	Desert	100 gp	N
Stonecap	Cave	500 gp	Y
Mushrooms		gp	
Sungi	Cave	200 gp	Y